

NEW YOGA INSTRUCTOR!

The Mancini Center welcomes **Amy McPhee** as one of our newest fitness instructors. Amy has been teaching Yoga since 2004. Her passion for yoga is evident in her life as she brings joy and equanimity into her classes.

Her style is gentle and direct. Amy has 500 hours training with Yogi Amrit Desai in anatomy, breathwork, asanas and mediation. She is certified in Thai Yoga massage and Reiki, which she often incorporates into her senior groups and private classes. Please join us in welcoming Amy to our Center!

Her classes begin on Monday, August 16th at 11:00 AM and Friday, August 20th at 10:00 AM.



Benefits of Yoga

Joints: Increases range of motion.

Bones: Weight bearing, strengthens & wards off osteoporosis.

Mood: Increases serotonin levels and helps to quiet the mind.

Control: Aligns body, mind & spirit, increasing awareness of self.

Lungs: Improves lung capacity with breathing techniques.

Strength: Strong muscles protect us from back pain & arthritis.

Flexibility: of both body & mind.

Balance: Helps to prevent falling as we age.

Brain: Learning meditation, increases capacity to solve problems, be less distracted and gain clarity.

