

Dear Englewood Cliffs Residents,

With the continued concern from close contact and the spread of COVID-19, interactive yoga classes via zoom, are back! For those wishing to participate, or try out yoga for the first time, please read below.



### **Beginners Yoga for Stress Management**

These yoga classes will provide the practice and understanding of how yoga can release stress, improve our resistance to stress, and help our bodies feel comfortable and our mind peaceful. What more can we want? If we have our physical health and a peaceful mind, we can handle any challenges that come our way. We need yoga and meditation even more so now! There are multiple studies that show the importance of lung power, including the Framingham Heart Study, which reviewed 60 years of data, and the American College of Chest Physicians' 29-year follow-up study. Yoga includes special breathing practices that increase your lung capacity, helping you to be more resistant to disease and to be able to recover faster when you do get sick. Classes include gentle stretches, deep relaxation, breathing practices and meditation. Find out more when you attend class. It's Free!

**Thursdays 7:30 pm - 9:00pm** via zoom

March 11, 18, 25

April 8, 15, 22, 29, May 6

Zoom Link:

<https://us02web.zoom.us/j/86067132588?pwd=VERXZUcyRUxpQzdFa1Q5OzQzVDA2dz09>

Meeting ID: 860 6713 2588

Passcode: 388605

Just click on link above or type in Meeting ID and Passcode, whichever way works best for you. Save this for each class.

**Premajothi Devi**, E-RYT, 500 is a certified Integral Yoga Instructor for Beginner, Intermediate, Cardiac, Children, Prenatal, Postpartum Hatha Yoga as well as Meditation and Raja Yoga. She has been teaching for over 20 years and teaching for Englewood Cliffs for over ten years. She also has been instructing new yoga teachers for over five years and managing the nonprofit Integral Yoga Institute in Fair Lawn, NJ for 15 years. As an Integral Yoga Minister she provides yogic counseling, memorial services, weddings, baby blessings and house blessings. She can be reached by emailing: [integralyoga@gmail.com](mailto:integralyoga@gmail.com) or texting her at 201-306-1247 (please include your name in the initial text).

(E-RYT,500 means Experienced Registered Yoga Teacher at the 500 hour level based on the Yoga Alliance credentially system.)

Thank you and remain safe!

Tim Koutroubas, Councilman, Recreation Chair

Mario M. Kranjac, Mayor

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