

NAMASTE!

Welcome to Earth and Sky Living!
Discover wellness through yoga,
Reiki, feng shui, nature programs
and storytelling! Life offers much
to bring our spirits down; Earth
and Sky Living is a way of life that
lifts our spirits. Through nurtur-
ing body, mind and spirit, we are
grounded in the Earth, yet can
touch the Sky.
We are the connection between
Earth and Sky!



Regular Practice of Yoga can Provide these
Benefits (and more!):

- Reduces and relieves tension/stress
- Increases lung capacity
- Increases heart's pumping efficiency
- Breathing becomes more efficient
- Muscular strength is increased
- Range of motion is increased
- Provides healthy stresses on bones, which in-
creases calcification, resulting in stronger bones
- Relaxes and relieves muscles

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Yoga-to-Go

**We are the
connection between
earth and Sky!**



**Workplace
Yoga**

www.earthandskyliving.com

Why Workplace Yoga?

Healthy, happy workers results in greater work productivity and may even mean increased longevity to employer. What are the benefits of regular workplace yoga?

- Improved worker morale
- Increased worker attendance
- Increased worker productivity
- Overall improvement in worker health
- Fewer workplace injuries
- Decreased number of worker complaints
- Increase in job satisfaction
- Decrease in employee turnover



Class Options

Foundations of Yoga

Covers basics of yogic philosophy, poses, breathing and relaxation—Great for novice or for experienced students seeking depth

Gentle Yoga

Restful and restorative poses calm, focus and center the mind, release the body and rejuvenate the spirit

Center Yoga

Combines gentle and energetic poses for greater physical fitness, while offering stress release

Energy Yoga

Challenging physical workout offering core, upper body, lower body, flexibility and cardio, while still balancing the energy of the mind and spirit

Fees/Details

- Class sessions last 6 weeks. All sessions may be renewed, except Foundations.
- Choose class length (45-75 min).
- \$10/student X 6 weeks = \$60/student per session.
- 8-20 students/session.
- Rates for Hammond, Roberts, Baldwin (other areas plus mileage).
- Call or e-mail with questions.

About Tonya

Tonya is a Registered Yoga Teacher, Reiki Master Teacher, Mesa carrier and Feng Shui practitioner. She is also a trained naturalist and storyteller. Tonya is grateful to have been blessed with a wonderful family that keeps her learning and growing. She cares deeply about people, the Earth and all of its inhabitants.



To schedule or learn more, please visit www.earthandskyliving.com or call Tonya Schmitt 715-222-5100.

