

# Personal Yoga Training



## Expert Yoga Guidance *with Lillah Schwartz*

### Any Style

Whether you practice Power yoga, Vinyasa flow, Yin/ restorative yoga, Ashtanga, Anusara or the Iyengar Method or require Adaptive Therapeutic yoga, you will find Lillah's insight to be a vital contribution to the deepening of your yoga journey, helping you build the foundation of your living yoga temple.

- Customize Your Home Practice
- Find Lasting Relief from Muscular Aches and Pains
- Increase your Strength and Endurance
- Deeply Rest and Rejuvenate
- Claim Optimal Health and Vitality

### Session consists of . . .

- 15 minute interview
- One hour of instruction and filming
- Your personalized yoga DVD



### Book Your Appointment

call 828-254-7756 or 828-273-9401  
60 Biltmore Ave • Above City Bakery  
Downtown Asheville • Parking Available

*"Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life."  
B.K.S. Iyengar*

## **Expert Yoga Guidance**

Lillah is here to support you in discovering the best yogic practices to meet your personal goals for health, satisfaction and longevity. A certified Iyengar yoga instructor with 27 years of training and experience, Lillah offers you an in depth understanding and a world class application of the yogic arts. Lillah empowers her students to find and learn to respond to their inner guidance. She pioneered yoga in Asheville, founding Lighten Up Yoga Center in 1981.

### **Find Relief Today! For**

- stress and its negative effects
- joint and back aches and pains
- the pain of fibro-myalgia
- carpal tunnel concerns
- neuro-muscular discomfort
- arthritis and general stiffness
- sleep disturbances
- menopause challenges
- improved circulation and heart health

### **Improve Your Performance . . .**

- a better golf & tennis swing
- gardening with ease
- grace, flexibility and balance after 50
- great dancing and hiking forever!

## **Satisfaction Guaranteed or Your Money Back**

Invest in yourself, body, mind, and soul. The practice of yoga is adaptable and it works! You can retain all the information you receive in your private session. How? It's easy! Lillah will film the session and present you with a DVD to take home. All you have to do is watch and practice!

- \$108 per session (*add a \$24 trip charge for house calls, min. 2 hrs*).
- Book 6 sessions for only \$540 – your 6th session is Free, plus receive 2 complementary DVD's for your home practice.  
*Sliding scale and work study options available.*

### **Book Your Appointment**

**call 828-254-7756 or 828-273-9401**  
**60 Biltmore Ave • Above City Bakery**  
**Downtown Asheville • Parking Available**