

## TOP 10 REASONS TO TRY YOGA

1. **STRESS RELIEF** - Yoga reduces the physical effects of stress on the body.
2. **PAIN RELIEF** - Yoga can ease many types of pain caused by: cancer, MS, arthritis, etc...
3. **BETTER BREATHING** - Yoga teaches people to take slower, deeper breaths, improving lung capacity and function.
4. **FLEXIBILITY** - Yoga helps to improve mobility and increase range of motion.
5. **INCREASED STRENGTH** - Yoga postures use every muscle in the body and help strengthen bones.
6. **WEIGHT MANAGEMENT** - Yoga can help reduce weight and cortisol levels.
7. **IMPROVED CIRCULATION** - Yoga helps move oxygen more efficiently throughout the entire body.
8. **CARDIOVASCULAR CONDITIONING** - Yoga can help increase endurance and can lower your resting heart rate.
9. **FOCUS ON THE PRESENT** - Yoga helps us to be more mindful, improves concentration, coordination, reaction time and memory.
10. **INNER PEACE** - The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives.

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### Private Sessions:

Come and experience the ancient tradition of learning mind/body balanced living, through Private yoga sessions. Our customized Moon studio, with cork flooring and natural clay walls will transform your practice!

### How To Get Started:

1. Attend our Free Intro to Yoga Session to learn about Yoga and our mind/body programs.
2. Schedule your complimentary 30-minute Yoga Coach session.
3. Sign up for your One-week Unlimited Group Pass (\$20) and get started on your customized wellness routine.

### FREE INTRO TO YOGA SESSIONS:

Wednesdays 6:30pm

Saturdays 12:15pm

Please call ahead to reserve your spot!



## Ekam Yoga Center

Atascocita Plaza  
7036 FM 1960 Road, East  
Suite B  
Humble, TX 77346

**281-358-YOGA (9642)**

*Located in the same shopping center as  
24-Hour Fitness, Specs, and Goodwill;  
between Coffee Emporium and Catfish Café.*



Relax, Renew, Revitalize



**281-358-YOGA**  
[www.ekamyoga.com](http://www.ekamyoga.com)

*Are you ready to transform your life?*



Ekam Yoga is your neighborhood yoga studio, designed for new and continuing students; our focus is to bring you a variety of yoga and mind/body classes under one roof, so that you can find the one that is right for you.

Knowledge of Life (Ayurveda) begins with clear knowledge of Self. Our mind/body classes promote building Tapas (heat/discipline) so that we may grow strong in body, mind and heart.

Ask questions, gain knowledge and share your experiences with neighbors and friends - that is the Ekam Yoga way. Join us and help build a more vibrant, open and health-conscious community.

Mindfulness is a cornerstone in all that we do at Ekam Yoga. Our three main values of Community, Health and Green Living are reflected in our staff, our eco-friendly studio and the products that we carry in our store.

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*Welcome! We are so glad you found us...*

## Mind / Body Classes

- Hatha Yoga - gentle yoga; great for beginners and ongoing students
- Chi Yoga - blending yoga & Qigong
- iMoves—our signature dance moves class: yoga, martial arts and dance set to music!
- Yogi Mom - a 45 minute gentle yoga class, designed for Expectant moms!
- R&R Yoga - restore & revitalize in this Yin-based restorative yoga class (Gentle)
- Power Yoga - hot yoga through flowing asanas; building strength and focus.
- Zumba - catch the craze! an exhilarating hour of Latin-dance based workout & fun!
- Pilates - Yoga and Pilates blended for core strength and total body conditioning.



### New classes starting:

- Yoga 101: A 6-week class for beginners. Next classes form every 6-8 weeks.
- Belly Dancing: Learn to shimmy, work your core and have fun! 6-week class.
- Lunch Bunch Pilates: Pilates for core strength, stability and fun: M/W 12:15pm
- Meditation: Come explore Moving into Stillness. Thursdays 8:15pm
- Tai Chi (Intro) A 6-week School Series; Beginning Yang-style. Thursdays 5:30pm

## NEW STUDENT SPECIAL \$20.00

1 Week Group Class Pass  
(Yoga, Pilates, Zumba, iMoves, Meditation, and many more....)



## Green Living

As part of our core values at Ekam Yoga, we believe in promoting green living & mindful consumerism.

Our space is constructed using renewable and eco-friendly resources. Our boutique offers products to support and inspire your practice, including:

- Eco-friendly yoga mats, mat bags, cork blocks, hemp straps...
- American Clay (in both studio rooms)
- Books on yoga, health, meditation...
- Massage oils, candles, incense, spices and more to support healthy living.
- Zrii—Amalaki nutritional supplement .

