

Yoga creates a strong, flexible, limber body. Yoga helps you off the mat too - enabling non-reaction in the midst of a crisis or stressful situation. Many people start practicing Yoga for this reason. Also to be happier, calmer and feel more fit. Yoga is performed barefoot with mats in a group or with a private trainer.

USING YOUR BODY'S OWN WEIGHT YOU BUILD STRENGTH

Added benefits include relaxation and a sense of peace. Focus is accorded to the flow from one posture into the other. For health clubs and YMCAs, YWCAs and JCCs a flowing, fitness and safe style is best.

BENEFITS OF PILATES:

- STRUCTURE
- CONTROL
- SPINAL PLACEMENTS
- FLEXIBILITY
- STRENGTH
- ENDURANCE
- BODY AWARENESS
- POSTURE
- CORE CONTROL
- BALANCE & COORDINATION

Pilates is much more controlled and structured. Pilates uses both machines, Reformers and mats. Pilates focuses on control and structure to strengthen the abdominals, improve posture, stabilize and lengthen the spine, improve balance and overall strength. Pilates can give you a longer, leaner, dancer-like body.

Pilates works the whole body, emphasizing control, precision and concentration in both the mind and the body. Movements are slow and controlled. Pilates is not performed rapidly or repeated excessively instead, the focus is on quality not quantity. Core Control- The abdominal muscles, lower back and buttocks ("powerhouse") serve as the center of all movement. Core stabilization and good posture is a big focus helping make clients stronger from the inside out. Pilates is also very low impact. Pilates is ideal for injury prevention and rehabilitation. Its six principles: concentration, control, centering, breathing, flow and precision, train the body to move efficiently with minimal impact on the body. The balance between strength and flexibility creates a healthy, vigorous and symmetrical workout for all muscle groups resulting in a leaner, more balanced, and stronger body.

For more information on yoga for kids, senior programs, pre-postnatal, rehab, corporate day training, sport specific, contact www.yogafit.com, or call 888-786-3111 ext 225. **OSF**



YOGAFIT & ACE ALLIANCE

YogaFit and the American Council on Exercise recently entered a partnership to enhance fitness professionals educational opportunities and provide new and innovative ways to augment credentials.

YogaFit is a 200 RYT Yoga Alliance School and the largest Yoga School in North America and will exclusively offer ACE CEC's for 2007 and beyond.

As an ACE certified fitness professional, each instructor will have requisite level of knowledge in several critical areas including anatomy, kinesiology, exercise physiology, instructional techniques and injury prevention.

"YogaFit has a long-standing reputation for its dedication to the safety and protection of its participants," said Scott Goudeseune, president of the American Council on Exercise. "Consistent with our mission, this collaborative alliance is a clear demonstration of ACE's commitment to promoting safe and effective workout environments for consumers."

Developed in 1994, YogaFit is the leader in mind-body fitness education. They are a nationally recognized CEC-provider for ACE. Team YogaFit has 30 National trainers, all of whom are ACE- certified or degreed in the field of Exercise Science.