



GENERATION B YOGA™

PRESENTS

BABY BOOMER YOGA WITH RAMA NINA PATELLA

Rama is an example of the power of yoga—to honor and respect all stages of life and continually seek its rewards. Join her as she shares her 30 plus years of practice and teaching.

If you were born between 1946 and 1954 you are a Baby Boomer. As Baby Boomers, we are different from our parents' generation. We know that the second half of our lives can be even better and more satisfying than the first even though our bodies are changing. We can learn to ride the waves of life's physical, mental and emotional changes gracefully. We can find ways to stay energetic and do what we want to do. How? That's what Generation B Yoga™ teaches.

Here is a unique combination of yoga postures, breathing exercises, and meditation to increase our body's potential and allow us to fully participate in our lives as we move forward. We learn to create harmony in the body and the mind drawing upon Ayurvedic principles (ancient science of healing) and Western medical evidence. We empower ourselves by working with our changes.

Whether you took your first class in the 70's and practiced on and off, had a one-time experience, never got around to it, or have been faithfully practicing ever since; this workshop will inspire you. Here is an opportunity to learn to become more flexible, stronger; achieve better balance, a quieter mind and a sharper intellect—to transform your self.

Rama Nina Patella
www.leelaramyoga.com.

Rama holds an Anusara Certification. She has traveled to India several times and studied at the Iyengar Institute with BKS Iyengar. After which she received an Iyengar Certification.

Her studies include several teacher trainings with John Friend, the founder of Anusara Yoga, in both therapeutics and master trainings.

She is also Certified in Siddha Yoga Hatha Yoga and Meditation. Her most recent studies include a training in "Teaching Yoga to Seniors" at Duke University in the Integrative Medicine Department.

Rama currently teaches at several venues in New York City and is a mentor and teacher trainer in the Yoga Works Professional Teacher's Training.