

PROGRAM DESCRIPTION



Classic Hatha Yoga

Strength - Flexibility - Balance

Gentle Stretches
Yoga Asanas
Positive Affirmations
Pranayama
Creative Visualization
Deep Relaxation

Each class is designed to systematically
revitalize every system of the body.

Each pose has a counterpose
to insure balanced stretching.
Sanskrit names are used for the Asanas.

All Children's Classes Include
Story, Verse, Song & Creative Movement



We Make The World Healthy And
Peaceful By Being That Way
Ourselves!

Hummingbird Fills the Heart with Pure Joy



Gentle Yoga

Classic Hatha Yoga

Goddess Yoga-Dance

Teen & Yoga Kids

All Classes Are Designed To
Revitalize The Body While Imparting
A Deep Sense Of Peace And Relaxation Through
Yoga Asana's (Poses), Pranayama (Breath Control)
And Creative Visualization



Yoga Improves

Strength, Flexibility & Balance
Both Within and Without On
Mental, Emotional and Physical Levels,
Improves Focus and Concentration
Relieves Anxiety and Depression
Improves and Reverses Osteoporosis
Helps Heart Disease, Arthritis and
Diabetes.

Why Hummingbird Yoga?



In Native American Lore, They Represent JOY

Lu Ellen often tells a story or creates a
visualization that involves allowing an animal
to share a life-lesson in her classes.
The lessons often come from the teachings of
The Native American Medicine Wheel.

The Hummingbird was chosen to represent her
Yoga classes because of the lessons and
values it represents.

Hummingbirds are flexible and strong
with amazing balance.
They have the ability to move in any direction
up, down around, forward, back,
and seem to stay perfectly still
even in mid-air.

They often appear green like our heart chakras.

They can lower their heart rate by half
and enter a suspended state or different state
of consciousness, which allows them to
survive extreme temperatures.

They live on flower nectar
and have a very high metabolism
allowing them to accomplish a lot each day.

They are brave, intelligent & beautiful. They
truly impart joy to anyone observing them.

