

EVERY CLASS INCLUDES WARM-UPS,  
YOGA POSE INSTRUCTION,  
BREATHING EXERCISES, CENTERING  
AND RELAXATION TECHNIQUES.  
CLASSES HELD IN THE CRABTREE  
VALLEY MALL AREA & CAMERON  
VILLAGE. FOR MORE INFORMATION  
PLEASE CALL 233-9777 OR VISIT  
WWW.JVYOGA.COM

**JUDITH VALERIE**  
TEACHING IN RALEIGH SINCE 1990  
**WWW.JVYOGA.COM**  
**919-233-9777**

# Why men do yoga

## **HERE'S WHAT MEN ARE SAYING ABOUT JV YOGA...**

After 2 back surgeries yoga has helped me increase back strength and flexibility and decrease chronic pain. You can do it for life!

**Ross, age 58**  
**Physician**



I am signing up for my 4th consecutive class at JV Yoga. This is absolutely the best thing that I have ever done for myself.

**Clarke, age 56**  
**Veterinarian**



Judith uses new perspectives developed from her own practice to create a sense of adventure in class without pressuring us into poses that feel uncomfortable. My home practice developed through her encouragement and has provided me an active way to relax. After a hard day at work, I can perform poses, focus on my body, forget worries, and feel newly energized.

**Philip**  
**Engineer**



One thing that drew me to yoga is the ability to be at peace in the midst of stress from home, work, or news abroad. When I came to yoga, I was depressed with life, overwhelmed and trying to stay afloat. Now, even though stress factors still exist, peace fills my footsteps and my heart. My many thanks to Judith who provided the opportunity for me to embrace peace and compassion through her yoga classes. Namaste.

**Joseph, age 37**  
**Electrical Engineering Assistant**



George Harrison said that everything else can wait, but the search for God cannot wait. Yoga is a means of searching for, and of finding, God. Through Judith's patient guidance, yoga is a process of bringing awareness and balance into all areas of my life, and by doing so, it has brought God into all areas of my life.

**Steve, age 48**  
**Attorney**



During the early 80's, I became a student of martial arts. After some time in class, I realized that physical flexibility was an important asset in learning those arts, and I noticed that the most flexible folks in the class also practiced Hatha Yoga. With that impetus, I enrolled in my first yoga class and have continued the practice ever since.

In addition to flexibility, yoga has taught me an increased awareness of the physical body, the ability to relax physically when I notice the body is unintentionally tense, an understanding of the relationship between the breath and mental states, and an awareness of subtle energies flowing in the body. Yoga is an important complement to my Tai Chi and Chi Kung practices and this combination is effective both in promoting physical health and in enhancing the state of the subtle energies.

**Hubert, age 55**

**Retired NCSU Chemical Engineer**



Yoga makes you strong and flexible.  
It encourages you to stand up tall with good posture.

**Dalton, age 22**

**Student**



I started taking yoga in order to find methods of dealing with stress in my life. Although yoga has been helpful in that regard (my elevated blood pressure having dropped 20 points during this period!), I have gained even more important things from yoga: Judith's classes teach one to focus on awareness, on how the body feels as one stretches into a particular pose, and on the feelings one brings into class. In my case, I have expanded this skill into other areas of my life. I have become more aware of my feelings generally and what I am experiencing in my day-to-day life, not merely while in class.

**Will, age 54**

**Attorney**



After a lifetime of fitness programs, I liked Judith's invitational and gentle yoga so much that I married her! :-)

**Ron, age 54**

**Campus Minister**



## YOGA...

- increases flexibility and muscle mass
- decreases stress
- improves focus
- stimulates metabolism
- enhances athletic performance



*Men are supposed to be strong and goal oriented and to identify physically and mentally with sports. But what many men discover is that the stereotype of a strong, independent male is very isolating and doesn't really work. They begin to look inward and begin to move toward relationships with themselves and with others. Yoga is all about relationships between the body and the breath, the muscles and the skeletal structure, between your physical self and your emotions, your mind and your body, yourself and your community. It gives men permission to stop and listen to their inner voice.*

*-- Nancy Sutton,  
House of Yoga --*