

Welcome to Body+Brain Holistic Yoga Center

Do you know the secret to health, happiness and peace? The secret lies in your brain.

The Body+Brain Center offers a variety of programs to empower individuals by promoting health, happiness and peace through unleashing the potential of your brain.

Through the 5 steps of Brain Education (BE) programs and workshops, we will help you achieve your goals and create the life you want.



REGULAR CLASSES

Our program brings you quality and selection, allowing you to step confidently into practice. Regular Yoga classes are 1 hour long and are comprised of

deep stretching, breath work, meditation, energy training and Brain Wave Vibration.

Brain Wave Vibration



Brain Wave Vibration is a simple, yet very powerful exercise to change the brain waves in a short period of time, unleashing the potential of the brain by tapping the healing power within.

Deep Stretching



Stretching exercises that coordinate correct posture, breathing, and conscious awareness are designed to open meridian channels, increase energy flow, flexibility and balance.

Breathing Exercises



A set of breathing postures designed to restore proper circulation to the body, helps to build energy in the energy center and unblock the body's two major meridians. Practitioners experience increased circulation and calmness.

Breathing Exercises



Increased energy sensitivity brings calmness over one's thoughts and emotions. Practitioners experience increased focus and clarity in mind.

SPECIAL PROGRAMS

Kid's Classes

(Brain Education for Enhanced Learning®)

For children ages 5 and up, regular classes are tailored to make getting to know their bodies fun and enjoyable. There is a focus on character-building to help them build harmonious social relationships.



We offer a range of intensive and advanced-level programs. These special programs are opportunities for you to enrich your practice.

Personalized programs

Individual programs that combine regular classes, private healing sessions, and retreats are available for those who have specific goals such as weight loss, or complementary treatment for chronic illness.

Workshops

One full day or two day workshops are offered to take your practice to another level. Experience the essence of Holistic Yoga's principles in three higher-level workshops that focus on the body (Initial Awakening), mind (Self Discovery) and spirit (Healing Chakra).

Energy Training - DahnMuDo (Tai Chi)



Experience dynamic forms of meditation as you move your body to the free flow of vital energy. Becoming one with the energy flow of your body will give you a deep sense of peace, joy and fulfillment.

Brain Education (BE) for Successful Aging®

This program includes physical, emotional and cognitive exercises to help older adults take an active role in keeping their brain in top condition for life.

Community Service

- Open health seminars for the public.
- Company health fair.
- Classes at schools, senior centers, libraries, companies.
- Youth leadership training.