

# CARDIO YOGA – THE NEXT DIMENSION OF FITNESS

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CARDIO YOGA™ is a sweat drenching, total body toning, mind/body fusion that enhances physical and emotional fitness. Based on scientific power posturing, rhythmic flow, and a unique intertwining of body, breath, and emotions, CARDIO YOGA™ takes you on a mind-altering journey elevated by the euphoric high of endorphins!

**You already know that the mind-body connection is critically important.**

**Now, are you ready to take your fitness to the next dimension?**

**MQ + IQ + EQ =**

SELF-CONFIDENCE  
SELF-CONTROL  
COMMITMENT  
DECISION-MAKING SKILLS  
GOAL-SETTING

PROBLEM-SOLVING  
TENACTIVY  
DETACHMENT  
INCREASED POSITIVE OUTLOOK  
GRATITUDE + GRATIFICATION

**Signature Series.** The CARDIO YOGA™ choreography has a global 20-year track record. Based on rhythmic, flowing functional exercises, our signature series was developed as a hot and sweaty challenge for fitness athletes, as well as a safe starting point for the less conditioned.

**Repetition Produces Results.** Maintaining simplicity in our physical choreography allows students to refine their skill level and quality of movement. The confidence that develops with physical understanding and ability eventually shifts to an inward direction to yogic philosophy, toward self-awareness and reflection.

**The Science of Foot Fitness.** Steady posture, muscular endurance, flexibility, and neuro-muscular awareness all begin at the feet! Conditioning the feet while keeping students safe, interested, and involved in foot fitness is an essential component of CARDIO YOGA™.

**The Science of Body Language.** We leverage research indicating that posture and gesture have deep ties to our intellect and emotions to build resilience, confidence, and self-control.

**The Tradition of Yoga.** Ancient texts describe a collection of layered dimensions that move us to our most authentic selves. Using physical fitness as an entry point, we help our students travel into the next dimension: inward into their thoughts and emotions.



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