

# Yoga is an excellent method to seriously progress on the path of health and well being!

## Ashtanga Yoga will:

- Make you stronger; physically, mentally and emotionally.
  - Give you more stamina and endurance.
    - Increase your flexibility.
    - Release tension and anxiety.
  - Help you reach your ideal body weight.
    - Teach you to breathe better.
- And, help you to live a more contented life with overall health and well being!



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Yoga not only changed our lives, it turned it upside down, inside out and twisted it in completely new directions. Similar to what was happening while doing these interesting and intense yoga postures.

The practice gave Linda the courage to leave an unfulfilling relationship and follow her childhood dreams of moving to New York City to build her career in fashion, eventually continuing on to Paris. Not only was she able to fulfill her dreams but health concerns she had had since her early twenties were slowly disappearing.

As she progressed on the path of yoga, her dreams began to shift. She wanted to share this amazing gift of yoga with others.

As a young man, Gerald had no idea what he wanted to do with his life. He knew what he didn't want; which was to work his life away doing something he didn't feel passionate about just to achieve the society norms of acquiring *things*.

So he set off to see the world. While traveling in India he heard about an Indian man who was teaching this dynamic form of yoga called Ashtanga. After his first lesson he committed himself to learn this system of yoga. He went from being a lost young man just passing from one place to another to a highly disciplined, healthy and concentrated yoga practitioner.

The both had made 180° directional changes in themselves and when the time was right the spirit of yoga united Gerald and Linda. They opened an Ashtanga Yoga school in Paris and started a family; a family with their two children and a family of yoga.

Namaste,  
Linda & Gérald