

# YOGA WITH IWAY



Hi everyone!

Today I will speak about yoga.

Dear ladies, firstly I should say that I was happy when I learnt that one of our new members, Maiko Utsumi, is suggesting open air yoga training for our group. Maiko is one of our new members who moved from Japan recently. She is trained as a professional yoga instructor and her style is somewhat close to Hatha Yoga which she describes as “Breeze and Light Yoga” training.

Our first session took place on May 28th at the English Park, right in the Yerevan city center. It was joined by six members with various degrees of agility, still at the end we all felt refreshed and impressed by Maiko’s professionalism, she was beyond our expectations.

I should mention that we are all excited to pay for the classes as the fees go towards our IWAY fundraising and I would like to see most of our IWAY family members joining the sessions. I promise you will feel much better, even with just an hour-long class per week, as Maiko is suggesting, you will feel relaxed both physically and mentally.

Yoga is not just a combination of physical exercises. It is a mixture of three components: different positions, respiratory exercises and meditation. The human being receives energy from the universe and yoga helps to clear the way for that

energy and enables a free flow throughout the body, helping to improve metabolism, reduce gluttony, overcome depression and to prevent mood swings. Practicing yoga also helps to improve relationships with other people and to restore faith in one’s own strength.

As you can see, with our yoga classes we combine usefulness and effectiveness; doing yoga for body and mind health, and raising funds for worthy projects.

So, my dear, see you at the next yoga training! You can also inform your relatives and friends. The universe will guarantee the rewards of your good deeds according to the law of the boomerang!

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<https://www.facebook.com/InternationalWomensAssociationOfYerevan> or write to us via web site, [www.iwayerevan.org](http://www.iwayerevan.org) for date and time.

Join us!

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