

# YOGACentral

## Yoga On The Go

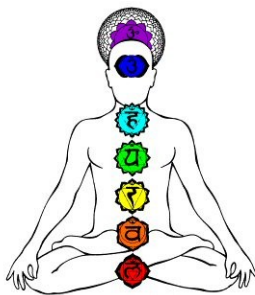


During a yoga class, students are led through breath guided movements and postures that help increase strength, balance, and flexibility. In addition to the physical benefits, yoga can help decrease anxiety and stress. Yoga is for all levels, ages, and abilities!

### What Is Yoga On The Go?

Yoga On The Go is a program that is designed to bring yoga into the businesses of Granite City.

YOGACentral will send one of their yoga instructors to your business for a FREE 30, 45, or 60 minute Introduction to Yoga class. This class can be a "Lunch and Learn" where employees listen to a presentation on the benefits of yoga or employees can participate in an actual beginners yoga class.



*To set up  
Yoga On The Go  
at your business,  
please contact Jen Jones at  
314-221-5744 or  
via email at  
[info@yogacentralonline.com](mailto:info@yogacentralonline.com).*

### About YOGACentral

YOGACentral is located inside Physical Medicine Clinic of Granite City (previously known as Brasfield Chiropractic).  
2861 Madison Ave, Granite City, IL 62040  
618-877-4000 or [info@yogacentralonline.com](mailto:info@yogacentralonline.com)

YOGACentral offers different levels and types of classes to fit a variety of ages and levels.

YOGACentral instructors attend an array of trainings and certifications programs on a regular basis which allows them to work with many populations.

YOGACentral students are always encouraged to try different styles and instructors to find an appropriate class. Students will be provided modifications to allow each individual to work at his or her own pace. We also offer Beginner Series that teach a general overview of yoga, basic poses, and breathing techniques.