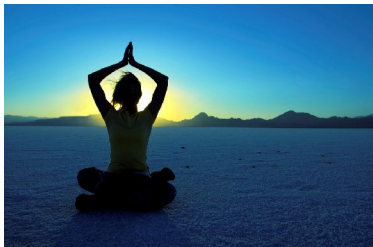


Benefits of YOGA

Some of the many benefits of yoga are listed below:

- Feeling of relaxation
- Sense of rejuvenation
- Increased flexibility
- Improved stamina
- Improved posture
- Increased muscle strength
- Better muscle tone
- Reduced body fat
- Improved oxygen uptake
- Better mental focus & memory
- More capacity to handle stress
- Help with addiction issues
- Improved immune function
- Improved digestive function
- Improved respiratory function
- Better balance & stabilization
- Improved sleep patterns
- Accelerated healing time
- Greater sense of well-being



Jen Zen Fitness

Yoga, Personal Training, Reiki

Jen Janz, M.A., C.P.T., C.Y.I.

Phone: 201-788-4966
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Relaxing
Rejuvenating
YOGA



Jen Janz

Yoga. Personal Training. Reiki.

For relaxation, stress management, weight loss, body sculpting, holistic healing, athletic training, flexibility, post-rehab conditioning, well being.

YOGA

As an exercise, Yoga is beneficial for developing physical strength, muscle tone, flexibility, balance, and breathing.

Performing various poses (asanas) while keeping a mental focus on slow and controlled breathing helps to integrate the body, mind, and spirit for optimum health and fitness.

Please check with your doctor before beginning any physical fitness program if you are pregnant, have a medical condition, or have other health issues.

If you are new to yoga or would like to refine your current practice, it is highly recommended that you schedule a private session before taking a class.

About Jen

Jen Janz is a nationally certified yoga instructor, personal trainer, and fitness counselor. She has a graduate degree in health promotion, teaches health courses and workshops, and is a certified Reiki practitioner.

She instructs **yoga** in fitness centers, wellness centers, hospitals, schools, and privately. A successful **personal trainer**, she designs and implements fitness plans that get results for her clients. With **Reiki**, Jen helps her clients to accelerate their healing and move towards optimum holistic health.

Call Jen at **201-788-4966** or email her at **jenzen11@yahoo.com** to schedule an appointment or consultation at your convenience.

Class Descriptions

Gentle Yoga: Basic postures, more focus on breathing, meditation, and stretching

Power Yoga: More moving; faster and more challenging vinyasa flow for more strengthening and toning, as well as deep cool-down stretching.

Yoga Blend: A great general class combining elements of several different styles.

Fat Burn Yoga: Get ready to sweat! A great blended class with a cardio warm-up and a fat burning vinyasa flow to a stretch-out cool down.

Core Yoga: Total butt and gut work! Tone your abs and get the yoga butt you've been wanting.



Chakra Balancing Yoga: A focus on postures and breath work that will help to align and balance the energy of the chakra system to revitalize and integrate the body, mind, and spirit.

Fitness Blend: A complete work out combining functional strength training, integrated cardio work, and yoga for maximum fitness benefits!

You will notice an immediate release of tension after a class but please allow several weeks to experience other positive results.

(Any style class is available by appointment for private sessions individually, one-on-one up to four participants).

REIKI

REIKI: Reiki is a Japanese term for 'life force energy' or the essence of human life in a holistic sense of body-mind-spirit. According to ancient Asian health principles, it is thought that ill health is caused by imbalances in the life force - either blockages or deficiencies of energy.

Reiki therapy is a type of treatment that requires no touch (though it can be practiced hands-on) to rebalance the energy flow towards optimum health & healing. Jen helps her clients to accelerate their healing processes and move toward optimum holistic wellness by rebalancing energy distortions in their life force field.

PERSONAL TRAINING

Jen will design and implement a comprehensive fitness program to meet your specific wellness needs and your individual fitness goals.

You don't need a gym. Jen has a variety of fitness tools she incorporates into your individualized fitness program. Soon you will start to feel and see the positive results.

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