



HARMONIZING THE ENERGY BODY

Tuesdays & Thursdays

9:30am – 10:45am

Yoga Loka | Reno NV

Monica blends her love for the ancient healing system of Ayurveda, the dynamic energies of the doshas, the subtle energies of the chakras with the wisdom of yoga to calm the body, clear the mind and lighten the heart. Monica has been practicing yoga since 1999 and teaching since 2010 – she completed her 500 Hour Teacher Training Program with Kim Orenstein at Yoga Loka in Reno, NV.

Let's Begin

– by Monica Limon, RYT500

Come with me on a little journey where hidden treasures await. No need to pack a bag, just bring a playful imagination. But first, take a moment to bring your awareness to this moment and focus on your breath. After a few breaths, begin to imagine you are walking on a beach, you pause to look at the ocean towards the horizon, and you take in a deep breath as you drink in the calmness of the sea. You then close your eyes and listen to the waves gently crashing up on the shore, your thoughts become clearer. Then the joyful rhythm of heart begins to dance to the beat of your internal vibration. Your breath deepens, feeling calm, clear and light... you feel at home. For the next few moments you embrace the simple sensations bubbling up inside of you and breathe it into your heart.

This is what yoga means to me. Coming to a place of openness, quietness, calmness, clarity and lightness in my heart. It's a place of new opportunities, like beginning with a clean slate. Yoga allows us to move our bodies, to clear out the old and create space for the new...new thoughts, new perspectives and ultimately discovering the best qualities of oneself.

When you come to one of my yoga classes, most likely you have never practiced yoga or you left your practice and want to begin again or perhaps you are maintaining a weekly rhythm that fits into your schedule. By the way, maintaining a weekly class is probably one of the hardest things to do if you are just beginning yoga. But it does get easier if you are able to stick with it. Many beginners are looking to strengthen their muscles or gain more flexibility or experience calmness. Whatever it is that draws you to yoga on your mat – it is your personal journey towards well-being, Self care and wholeness.

I have found great joy in teaching yoga, in 2010 I began teaching yoga for kids and teens because I wanted my son, who was four years old at the time, to practice yoga with me. Then I expanded deeper into my yoga training, completing my 200HRTT in 2011 and my 500HRTT in 2015. I rode a shimmering yoga wave and reached a little further towards the horizon and drew in nourishing new yoga insights. Now I have a delightful challenge of assembling esoteric concepts from different yogic traditions and meditation techniques - bringing them into focus and teaching practical ways to live yoga on and off the mat.

I invite you to join me for a gentle asana practice to harmonize the energy body. Moving prana into the deep connective tissues to nourish our muscles, joints and bones. Creating sukha (good space) to ease the whole body into deeper relaxation and awaken compassion toward the self. All levels welcome.

Now grab your mats everyone...and let's begin.