

BREATHE & STRETCH

with

YOGA

"...to release stress through proper breathing and stretching you don't have to know about the body's citric acid cycle or calcium pumps any more than you need to know the intricacies of the carburetor or octane blend in order to drive a car..." This is the philosophy Ina Townsend uses to explain the mechanics of human anatomy and physiology. Cognitive dissonance is treated in the same easy to understand manner.



INA TOWNSEND is a lecturer, writer and Yoga instructor. Born in Copenhagen, Denmark, she now resides in central Florida.

Ina has used her background in physiology and psychology to write and her credits include a series of science articles for the ELKS MAGAZINE, ACCENT ON LIVING, as well as a column syndicated through AMERICAN NEWS SYNDICATE, and

her current exercise column "GETTING THE BETTER OF STRESS" syndicated through SINGER MEDIA CORP., San Clemente, CA.

Ina is a registered member of the Suncoast Yoga Teachers Association, Florida, and the California Yoga Teachers Association.

Following are comments about her lecturers, classes and writings:

...our caregivers benefitted greatly by the Stress Management program...

Jan Enders, Ph.D.

PEACE RIVER CENTER FOR
PERSONAL DEVELOPMENT

...informative and very well researched...

Eleanor Sandberg

SHANGRI-LA BOOK SHOP

...quite interesting ...

Harold M. Visosky, M.D.

NORTHWESTERN UNIVERSITY

...every city should offer such a program..

Boots Freeman

CAPTIVA FITNESS CAPER

...extremely well written and informative...

Martin M. Cohn, M.D.

Mt. Sinai Sleep Center