

The Great Yoga Wall Team

Tameka Gallien has been teaching Yoga for over three decades. She has touched lives all over the world with her vast yoga experience. She enjoys working with beginners to advance yoga students. Her talent is making every individual whether alone or with a group to find the strengths in their body-mind connection. The most important aspect of teaching the Great Yoga Wall is to learn a safe effective process and take this practice to any class. She loves life and the Great Yoga Wall brings much joy and peace her way. Call Tameka at 248-421-0994.



**The Sports Club of Novi
Introduces.....THE GREAT YOGA WALL**



The Great Yoga Wall will help take your practice to the next level as well as heal injuries and traction the spine.

Inversions suddenly become accessible as you hang weightlessly upside down.



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Here are your choices in The Great Yoga wall training:

• **Private Wall Training**

A valuable way to help you individually and confidentially with health issues, or simply as a way for you to advance your yoga practice.

• **Semi Private and Triple Wall Training**

A great way to share your hour with one or two others.

The Great Yoga Wall Rates

55 minutes	Private	Semi	Triple
Fitness Member	\$66	\$40	\$33
Program Member	\$72	\$45	\$37

30 minutes	Private	Semi	Triple
Fitness Member	\$41	\$26	20
Program Member	\$47	\$31	\$25

*Contact The Great Yoga Wall Trainer to set up your session.



The Great Yoga Wall is based on B.K.S. Iyengar's Principles of Alignment, The Wall is used as a prop to deepen asana by opening and creating space in the body using therapeutic techniques.

Benefits of The Great Yoga Wall:

In this unique yoga practice, gravity can be utilized as a natural form of resistance, which can help students develop strong core muscles.

- Improves flexibility
- Strengthens muscles
- Is effective in post rehab
- Aids in therapeutic benefits
- Heals athletic injuries, arthritis, degenerative disc disease, and sciatica
- Works through fear by building confidence
- Opens the joints, connective tissue, and releases fascia
- Is designed to open the spine in every direction