

Boca Raton FL Newest Yoga Studio Is a Hot Spot !

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Embody the [Yoga Aura experience](#).
Heated and non heated classes, 60, 75
and 90 min classes.*

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Newest Yoga Studio Is a Hot Spot !

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I would like to introduce you to Yoga
Aura, the newest yoga studio in Boca
Raton, Florida. Yoga Aura's new space is
designed to inspire and enlighten!

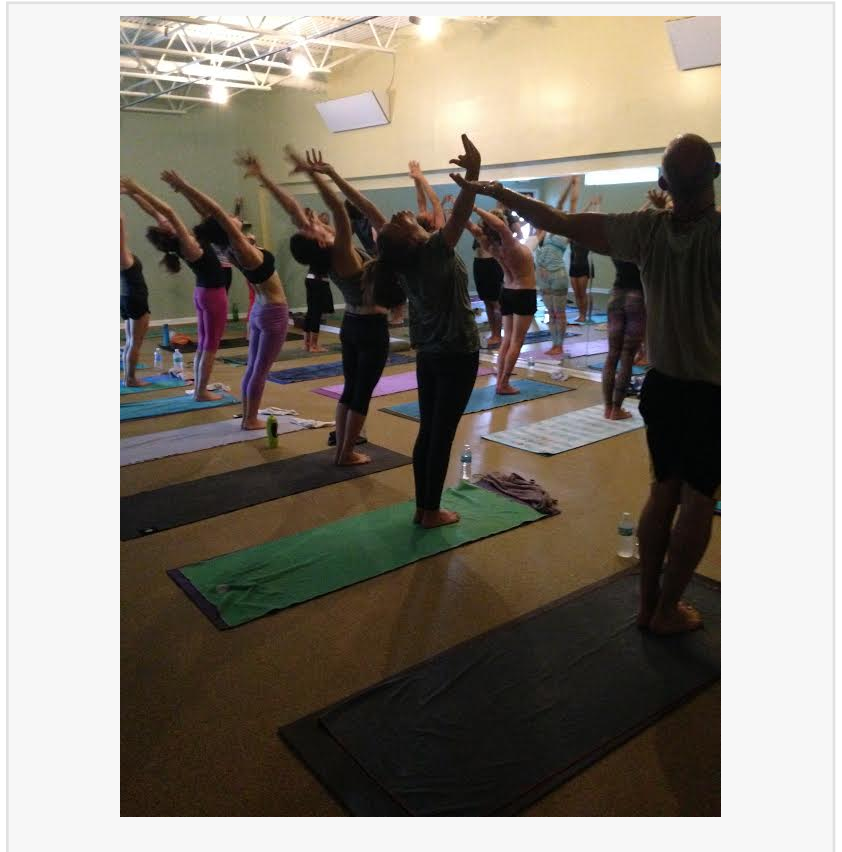
"Our goal is to empower our students to
'believe they can,' and to do things they
never thought were possible," states
Laurie, owner of Yoga Aura. "We're here

for students that may be showing up for their first class, trying to get back in shape, or looking to feel better mentally or spiritually."

Yoga Aura has classes designed for all levels - beginners as well as more advanced practitioners. Some of the many classes offered are Hot Flow, Hot 26 (Bikram-based), Hot Power, Hot Candlelight Flow, Yin Yoga and more. For those looking for a bit of excitement, Yoga Groove class is offered on select dates, done to House/Dance music with a fantastic light show! Yoga Aura is the only studio in the area that features this type of class.

Yoga Aura believes, "everybody should do yoga. It can open your eyes to what you never thought possible. Yoga Aura is also known, as [Hot Yoga Boca Raton](#), but that does not mean all of the classes are heated, they do offer some warm classes as well."

"The 2014 schedule will feature over 30 classes per week to accommodate all times, all days and yoga students of all levels. They have put together such an amazing team of instructors; some of the best Palm Beach county has to offer such as Laurie Levenstein, who has 500 hour certification for Hatha Yoga, Jules Lindsay, 500+hr Registered Yoga Teacher, who also attended the Yoga College of India in Boca Raton, Genevieve Rivera, ranked as one of the top three females to watch performing yoga by Yahoo Sports, Robert Candelario Jr, Registered Yoga Teacher (200/500 hr), Alexis Georgia,



who earned a full scholarship to train under Sean Corn, Felice Minkin, 200 hour RYT in 2009, Andy Nenninger certified personal trainer through the National Academy of Sports Medicine, Gwen Fellin, Baptiste Power Vinyasa Yoga instructor and former owner of Tadasana Yoga Studio in Park City, Utah, Salema Taylor 200 hr Registered Yoga Teacher with extensive practice in various styles including, Ashtanga, Ashtanga-Vinyasa, Hatha and Yin, Melissa Apple, also a Baptiste Power Vinyasa Yoga instructor; all of which can be viewed on Yoga Aura's website at www.yogaaura.com. We anticipate that Yoga Aura will become a very popular spot within the community."

If you suffer from back pain, then you know how it can make you miserable. You may have tried ice packs and massages to relieve the pain, but a better alternative might be a yoga class at Yoga Aura. Yoga's focus on balance and strength has been proven to help back strength and increase circulation, which can often provide relief. Yoga Aura currently offers a New Student Special: drop in and pay only \$15 for your first two classes, or bring a friend for free instead.

If you are feeling a bit overweight or just plain out of shape, yoga will increase muscle tone and burn calories. One

session of hot yoga can burn 600-700 calories per hour. Consider maybe a Hot Flow or Hot 26 class to start out. Perhaps you love the burn of weight lifting and the relaxed Zen-like feeling of yoga. If so, try our Hot Yoga Sculpt class practiced with hand-weights. No matter what your age, yoga is for everyone!

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“Your greatness of the soul shows up in your aura.”

~ Yogi Bhajan

561-374-1482

Namaste !



A BEAUTIFUL DAY FOR YOGA



"At Yoga Aura everyone is welcomed with open arms! Please feel free to check them out on Facebook at <https://www.facebook.com/YOGAAURALOVESYOURAURA> for fantastic opening special prices or just drop in for a visit, conveniently located three miles south of [Delray Beach](#) at 2910 B North Federal Hwy, Boca Raton FL 33431." Phone

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