

# New Yoga Classes at Get Centered!

## YOGA FOR ADULTS

(non-leveled class)

Thursday evenings in July, 6-7:15pm

(no class July 15th)



Yoga for you...relieve stress and relax, develop inner peace, gain strength and flexibility on a new level, and achieve overall balance for wellbeing. This practice is designed to balance the body, focus the mind and recharge the spirit, unifying body, mind and breath through various series of classical asanas and breathing exercises. Building a new awareness from within, this class is in keeping with the philosophy of the Unified Body Method™ as founded and taught by Erik B. Knuth. *Instructor: Sheri M. Bestor*

*Fee: \$13 drop in, no passes accepted*



**Sheri M. Bestor** is a member of the Himalayan Teacher's Association and has completed the 200 hour yoga teacher training program. She is a student of Unified Body Method and sound healing, is a Reiki MA and is certified in meditation. She is a wife, and mother of three daughters.

Her professional learning experiences include earning a MA in Curriculum and Instruction, a BS degree in Education, founding North Shore Academy of the Arts, working as a business consultant, a teacher, and becoming a published author and freelance writer. She is currently assisting as a contributing writer in the development of the upcoming Unified Body Teacher Training Program.

### Only At Get Centered

Trained for several years under Erik B. Knuth who is the Founder and Teacher of Unified Body method and Unified Body Yoga, Sheri honors the philosophy of UBM within her classes. The curriculum she teaches was developed specifically for her to offer students at Get Centered the ancient practice of asanas within a foundation of Unified Body methodology.

## YOGA FOR TEENS

Tuesdays in July from 4-5pm

Focusing on developing inner strength and balance, this class is perfect for both the beginning yoga student to the more experienced. In a down to earth atmosphere, we'll move through asanas, breathe, focus, balance, relax and have fun as we purify and unify mind, breath and body. A unique yoga class designed specifically for teens, it is in keeping with the philosophy of Unified Body Method.

*Instructor: Sheri M. Bestor • Fee: 4 classes for \$45 or \$12 per class*

**My Mission:** *to teach from my heart through experience, as I share this practice that has had such a profound effect in my life, so that it might inspire others to seek, learn, awaken and discover, while embodying life in all its beauty and joy.*

### CLASS REGISTRATION FORM

Register by phone at 262-689-0947, or complete this form and return with payment to: Sheri Bestor or Get Centered Studio, 180 S. Main, Thiensville

Full Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ (cell): \_\_\_\_\_

List each course in which you wish to enroll:

Class Name	Class Date	Fee

Total fees due \_\_\_\_\_

Form of payment:

Check number \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_



**GETCENTERED** LLC  
Yoga • Reiki • Eco-gifts

**call: 262-689-0947**

Classes held at Get Centered Studio,  
180 S. Main, Thiensville

[www.GetCenteredllc.com](http://www.GetCenteredllc.com)