

Certified Yoga Teacher • Certified Yoga Therapist • Safe Yoga Expert



# lynn medow

the guru on **safe yoga**

“There’s more to yoga than **stretching, breathing and balancing.** Yoga builds **strength, stamina, focus and suppleness.**”

strategy  thought  mindfulness

“We could **save billions of dollars in health care and insurance claims** if we learned to stand, walk and move correctly,” says **Lynn Medow**, owner of **Yoga By Design** in Bloomfield Hills, Michigan, and a **Safe Yoga** expert.

**YOGA**  
by design  
YOGAbydesign.us

Lynn Medow, ERYT-500, Certified Yoga Teacher and Certified Yoga Therapist, is available for:

### Interview Topics

- ☞ Safe yoga
- ☞ Yoga for athletes
- ☞ Yoga for graceful aging
- ☞ Yoga to treat injury and rehabilitate

### Workshops

- ☞ Safe Yoga 101
- ☞ Your Best Shape at Every Age
- ☞ Connecting Mind\*Body\*Spirit
- ☞ Ergonomic and Workplace Wellness

### Speaking Engagements

*Topics include:*

- ☞ Safe yoga
- ☞ Yoga for building lifelong health
- ☞ Athletic and endurance talks
- ☞ Yoga for healing
- ☞ Emotional wellness through yoga

### Yoga Classes

- ☞ Safe Yoga 101
- ☞ Empowerment Yoga
- ☞ Yoga’s Healing Power
- ☞ Yoga for Athletes



**Interview**  
**Lynn Medow!**  
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As the ancient Indian practice of **yoga** grows in popularity across America, on par to rival golf in number of participants, it's imperative that people **learn to do it right to avoid injury.**

There's more to **yoga** than stretching, breathing and balancing. Yoga builds **strength, stamina, focus** and **suppleness.** It can also lead to injury. Back injuries, twists and strains do happen when yogis don't learn to build poses strategically.

*Lynn Medow not only instructs on the proper way to pose and bend, she helps people who are injured in sports or simply as they walk through their days to use **strategy, thought** and **mindfulness** to build health and be as active as possible.*

## lynn medow's safe yoga tips

- ☞ Take the time to learn how to properly strike a pose.
- ☞ Find an instructor whose style matches yours and who is also experienced, certified and caring.
- ☞ Inform yoga teachers about previous and existing health issues.
- ☞ Build your practice. Start with a beginning class and move up as you gain knowledge and confidence.
- ☞ Align head, shoulder and pelvis. Always.
- ☞ Learn when to lead with your heart, not your head.
- ☞ A strong core protects your back - your core consists of muscles front and back.
- ☞ Never rush. Yoga is a practice that builds over time.
- ☞ Don't push. You'll get the poses eventually. True yoga is staying in the moment and accepting where you are, right now.
- ☞ Protect your knees: never lock them when standing.
- ☞ **ACCEPT YOU.** Don't compare yourself to others.



## praise for **lynn medow**

*"Lynn Medow knows how to adapt yoga to your ability."*

—Sally Killian

*"Lynn makes the practice warmly welcoming, loving and supportive, utterly participant-centered, and terrifically useful. Finally, yoga I'm actually using and enjoying! Thank you, thank you, thank you."*

—Claire Sinn

*"Lynn Medow helped me just as much emotionally as she did physically."*

—Marilyn Ford