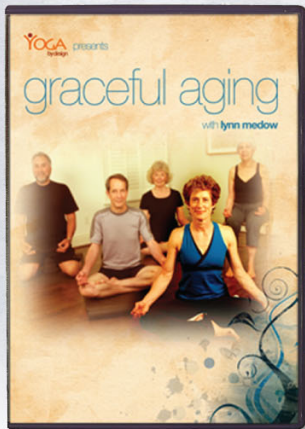


graceful aging

with **lynn medow**



A Road to WELLNESS

Studies show that gentle physical activity such as **yoga** is effective in reducing signs of aging, symptoms of arthritis and may even slow the progression of disease. A regular **yoga** practice contributes to a healthy mind and body.

harmony  strength  grace

Consider featuring Lynn Medow and her powerful DVD, *Graceful Aging*, in a story about individuals who have improved their health and emotional wellness through yoga. As the worldwide population of people 50 and older increases to 974 million in the next 20 years, more Americans are seeking gentle, healthful pursuits as part of an active, meaningful lifestyle.



YOGA
by design



Interview
Lynn Medow!

contact **your:PEOPLE.**
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graceful aging,

a new DVD from **Lynn Medow's Yoga by Design**, is perfect for those who want a gentle approach to wellness, gentle movement or a gradual start to a yoga practice for stronger mind and body. Provided in three segments, ranging from chair to gentle to deeper practice, **Graceful Aging** is accessible for everyone – even those who cannot easily get down on the floor.

"Graceful Aging is your road to health and well-being, regardless of your starting point," says Certified Yoga Therapist and Teacher Lynn Medow. "We cannot alter the reality that we all age but by employing techniques practiced in yoga during daily activities, we can gracefully age with acceptance and peace. My wish is that everyone can discover the valuable benefits shared in this DVD."

"Yoga's benefits are so far-reaching, and its gentle movements are essential to staying calm, centered and supple as we mature."

contact

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Graceful Aging is available through the

Yoga by Design website:

www.yogabydesign.us

Lynn Medow is a lifelong athlete and dancer who first stepped on the yoga mat at age 40. Although Lynn studied education and theater at Michigan State University and the University of Stockholm, Sweden, it wasn't until after Lynn completed her first career in the non-profit sector that she found her purpose.

Lynn discovered the practice of Anusara Yoga, which led to an in-depth study of yoga therapy with the Ananda Seva Mission in Santa Rosa, California. Lynn became a certified yoga teacher in 2001 and a certified yoga therapist in 2007.

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

Speaking Engagements

- ☞ Motivational/health seminars
- ☞ Athletic and endurance sport informational talks
- ☞ Yoga for Graceful Aging workshops
- ☞ Seminars on working past physical limitations for improved health
- ☞ Emotional healing through yoga

Workshops

- ☞ Physical fitness at every age
- ☞ Connecting mind*body*spirit
- ☞ Ergonomic and workplace wellness

Yoga Classes

- ☞ Yoga as Empowerment
- ☞ Yoga for Seniors
- ☞ Yoga's Healing Power
- ☞ Yoga Therapy

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praise for graceful aging

"I have had Multiple Sclerosis for 25 years and the yoga practice that Lynn has helped me build enables me to do things I haven't been able to do in a long time."

—Sally Killian,
Bloomfield Hills, Michigan, age 60

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

—Claire Sinn,
Ada, Michigan, age 55.

"By giving me another perspective on personal loss, Lynn Medow helped me just as much emotionally as she did physically."

—Marilyn Ford,
Bloomfield Hills, Michigan, age 64.