



"Yoga is my health insurance! I believe, is key for preventative health care in aligning our Body, Mind and Spirit with optimum health and well-being." – Christy Grace

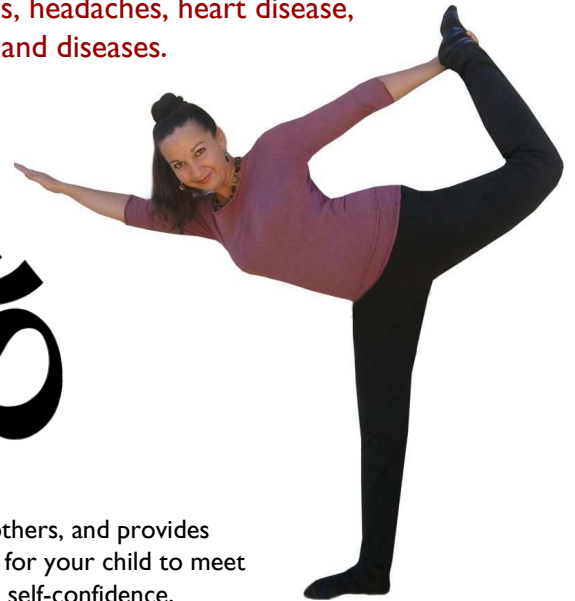
Leading Edge Yoga & Meditation Classes

Christy offers group classes, or private sessions -- will travel within the Phoenix Metro area to various yoga studios, healing centers, fitness centers and private homes. **Contact Christy Grace at 602.509.3356 for rates and availability.**

Yoga can help you to feel better physically, mentally and emotionally, as well as helping to manage anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases.

Yoga can also:

- * Improve muscle tone, flexibility, strength & stamina
- * Boost self esteem and increases inner peace
- * Improve concentration and creativity
- * Reduce stress, tension and anxiety
- * Promote well-being and calmness
- * Lower fat & improves circulation
- * Stimulate the immune system



Give a child the gift of yoga!

Yoga is very beneficial for children. It instills responsibility and respect for self and others, and provides tools to encourage focused, calm, and centered behavior. Kids Yoga is a great place for your child to meet and enjoy other yoga friends in a community environment that promotes peace and self-confidence.

Christy offers kid's classes at schools, childcare facilities, homes, parties and special events.

Please contact Christy Grace at 602.509.3356 or Christy@leProductionsAZ.com for rates and availability.

By integrating yoga as a part of her everyday life, Christy Grace enjoys sharing years of experience (on and off the mat) with others – to empower and support their personal evolution as they explore the potential of yoga to nourish their body, mind and soul. She teaches yoga for all ages from small children to seniors, as well as prenatal yoga and also for the disabled.

For over 15 years, Christy has practiced many different types of yoga; Hatha, Bikram, Kundalini, Ashtanga, Anusara, Hatha, Iyengar, Vinyasa & Partners Yoga. She's taught numerous classes at various studios, spas, schools, churches and wellness facilities such as:

-- **Back Rub Company:** contracted to teach yoga classes for various corporate programs and special events such as yoga demos at the Superbowl '08 pre-game event in the VIP area.

-- **Body-Life-Dynamics:** contracted to teach yoga classes at various health clubs and wellness facilities.

-- **Just Be Wellness Sanctuary:** substitute teacher for yoga classes to fill in when needed.

-- **Virginia G. Piper Cancer Center:** substitute teacher for yoga classes to fill in when needed working with patients who are undergoing radiation treatments and various therapies for cancer, as well as those in recovery and in family support programs.

-- **Yoga Phoenix:** teach children's yoga classes at the ashram center, as well as contracted to teach classes at public schools within Roosevelt District for the '07 / '08 school year, 3 classes; K-8th grade, 2 or 3 x per week.

-- **National Home Trainers:** contracted to teach private yoga classes to clients in their home.

-- Other facilities such as **Unity of Phoenix, Dolce Salon & Spa and Rancho Manana Day Spa**

Certifications: Christy Grace has a 200-hour certification from Sacred Spaces Yoga and through US Yoga Alliance, as well as certified with the [Radiant Child Yoga Program](#). She also has a fingerprint clearance card to teach in schools and government facilities and holds a current certification for CPR and first aid for all ages, as well as Article 9 Certification for respite and habilitation.

"The whole ocean of divine joy rolls beneath the little wave of your consciousness."