

## In-Studio Workshops: Introduction Asahi Nordic Mind-Body Movement

Wednesday, July 19th 5-6:30 PM, Thursday, July 20th 10:30-11:30 AM  
& Thursday, July 20th 7-8:30 PM

With Margaret Vainio, Yoga Teacher & Head Asahi Training Instructor



**Asahi Nordic Mind-Body Movement – a revolutionary Finnish practice that provides solutions to the health challenges of these times!**

Finnish health experts tested ancient practices against the rigors of modern medical to formulate Asahi. **Asahi is very easy to learn, easy to adjust to personal needs and is effective!**

**Exercising doesn't have to be fast and furious.** Research shows that slow and gentle exercise is the faster way for most of us to improve our health and well-being!

Invite your favorite people to join you for this workshop!

### What are some of the benefits of Asahi?

- **Tones** the muscles and improves balance
- **Relaxes** the mind and lowers blood pressure
- **Stimulates** metabolism and boosts the immune system
- **Teaches** ergonomic movements to prevent back and neck strain
- **Provides** social contact in a group setting for better mental health

**Who should try Asahi? Asahi is safe and for effective for everyone! Even those with** Circulatory or respiratory issues, Parkinson's, MS or fibromyalgia, Arthritis, Osteoarthritis, Hip or Knee replacements, Special needs, or are Pregnant!

**What to bring?** Asahi you don't need a mat or any other equipment besides a water bottle and wear comfortable clothes!

**Questions?** Email [office@5koshasyoga.com](mailto:office@5koshasyoga.com)

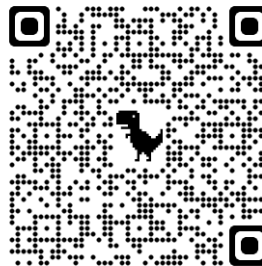


**Margaret Vainio** is a yoga instructor, but has concentrated on teaching Asahi more the past years, because Asahi works for everyone! She is the first woman head trainer of Asahi and founding member of the Asahi Nordic Institute in Turku, Finland.

### More Details + Register Here:

[www.5koshasyoga.com/events](http://www.5koshasyoga.com/events)

**Easy Way to Register:** Use phone camera to scan QR Code below.



### Introduction Workshop Cost:

**\$25 | July 19<sup>th</sup> 5-6:30 PM & July 20<sup>th</sup> 7-8:30 PM** Discount Code: **ASAH15** \$30 after July 18<sup>th</sup>

**\$20 | July 20<sup>th</sup> 10:30-11:30 AM**  
Discount Code: **ASAH15** \$25 after July 18<sup>th</sup>

**Interested in becoming a Certified Asahi Teacher?** Margaret will be offering **12 Hour Asahi Teacher Training Program on Friday, July 21<sup>st</sup> & Saturday, July 22<sup>nd</sup> 10-4 PM** at 5 Koshas! Bring a Friend & Become Certified Asahi Teachers together! **\$380** per person. Discount Code: **STUDYBUDDY**

