



T C W

HEALTH

BEAUTY

FITNESS

HEATHER BECKER
JOHN REILLY PHOTOGRAPH

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YOGA MOVES FOR OPTIMUM HEALTH

Photography by John Reilly

“Yoga is a great way to access physical and mental balance in your daily life through exercise and concentration. I’ve studied Ashtanga Yoga for about nine years and practice six days a week. With a regular practice of yoga I have also learned various breathing techniques, meditation and chanting – which have all had a positive influence in my daily life. The flexibility and strength attained with yoga can also be integral to healthy aging. It can sometimes take a while for your body to ‘open up,’ but with patience and regular practice it’s amazing how enjoyable what comes forth can be. Enjoy.”

Heather Becker, CEO of The Chicago Conservation Center



Pranamasana
(Prayer Pose)



Eka Pada Urdhva Dhanurasana
(One-legged Inverted Bow Pose)



Bhujangasana (Cobra Pose Variation)



Ubhaya Padangusthasana (Big Toe Pose)



Eka Pada Rajakapotasana
(One-legged King Pigeon Pose Variation)

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for giving you life, nurturing you and
loving you unconditionally?

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we think a hug and a kiss and
a massage from Urban Oasis
would just about cover it.



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