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Manchester's YogaBalance Brings More than Your Average Yoga Class as New Hampshire's Premier Award-Winning Yoga Studio GUIDE

By *Elisha Neubauer*

When it comes to maximizing both your physical and emotional health, YogaBalance knows that high quality, well-taught yoga is the best way to go. According to Katherine White, Manager of YogaBalance, Yoga increases flexibility by teaching us how to move and stretch in new ways, bringing a greater range of motion to joints and muscles. She explains that supporting our own body weight during yoga exercises makes us tougher, stronger, and increases muscle tone and bone strength.

"Yoga helps us manage stress through physical activity, deep steady breathing and techniques to focus, calm and quiet the mind," she says. "It improves our co-ordination, balance and posture and benefits the heart by boosts circulation and providing cardio-vascular condition."



Yet another perk, according to White, is that the regular practice of yoga aids in digestive health, hormone balancing, and tends to increase greater self-care. "Yoga can help alleviate insomnia and is wonderful for psychological health, creating greater levels of happiness and a steadier temperament," she adds.

Wanting to enable each and every student, YogaBalance offers a series of workshops aimed at guiding students into higher levels of understanding. "Our workshops enable students to delve deeper into the study of yoga," White details. Their many workshops focus on such topics as advanced postures, physical alignment or restorative yoga, while others focus on meditation, Ayurveda or spirituality.

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For those who are already on the instructor level, their Master Instructor Series brings renowned yoga instructors from across the country for advanced yoga training and continuing education credits are available for these workshops.

At YogaBalance, one of their biggest goals is ensuring everyone feels comfortable in the environment. "We are open seven days per week, 364 days per year and are blessed with the most wonderful community of Yogis from all walks of life," says White. "We work hard to make everyone feel welcomed, included, and 'at home.'" Ways they strive to do this include complimentary towels, clean quality mats, unlimited parking, and much more. The facility, which opened in 2004, has always focused on one mission: to provide the ultimate yoga experience.

The high caliber level of each of their instructors is only matched by their love of the practice itself. White herself assures us that its truly a way of life for the staff of YogaBalance, not just a job. "I love Yoga because it helps me be the best possible version of myself: It keeps my body healthy, flexible and strong, my mind and emotions balanced and calm, and my heart open and spacious," she states. "When I am at my best, I can better serve others."

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