

boundless

[BOUND-LIS] ADJECTIVE: HAVING NO BOUNDS; INFINITE OR VAST; UNLIMITED
words | ALI SCHRATT

We are all working towards becoming the best version of ourselves... well, maybe not all of us, but some of us definitely. I picture my best version like this: I am completely relaxed because I have met all of my deadlines, the house is clean and laundry is done, kids are on task and everyone knows where they are going, when they are going and how they are getting there. I am calm, focused and have zero anxiety - I am completely tied to the present moment. It's a dream of mine to be this person every single moment, but it is so easy to slip out of the zone. I personally think one of yoga's biggest benefits is it helps us regain or find our center. Boundless Yoga has two locations in the Pocono Mountains aimed at helping us come back to earth. The Stroudsburg and Mt. Pocono studios offer a variety of classes for both beginner and advanced students.

Chris Loeb sack, owner and Acro-Yoga practitioner extraordinaire has built a remarkable life through Yoga. She fell in love with yoga in 1995 and began teaching in 2003. Her certifications, degrees and continuing studies, which are too countless to list here, have allowed her to use the power of yoga to create a space for students that cultivates trust, playfulness and Divine connection with themselves and with their community at Boundless. Chris lives by her mantra of 'Clarity, Integrity and Love', and she and her husband, Brian Davis who also instructs at Boundless, draw upon their

partner yoga practice to share the healing power of touch and safe intimacy. "I used to be so incredibly shy that most people thought I was miserable," she remembers. "That changed for me through my teaching and my practice."

Chris teaches private student sessions, classes and Acro-Yoga workshops around the globe. AcroYoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. Chris treated me to the Tuesday evening beginner class in Mt. Pocono. The practice is the perfect place to start if you are at all apprehensive, or are new to yoga. Gentle breathing, stretching and poses work together to aid in loosening your joints and calming your mind. I loved every minute of it and felt much taller and more calm. I was curious about Acro-Yoga. "Get on," were Chris' directions for me and I replied, "I will crush your legs!" But, as Chris took me through several of the restorative poses I felt my nervousness begin to fade. I was in the air for two minutes max, in a variety of positions and when I came back to earth I sincerely felt lighter and extremely energized. "We all need to play more," Chris said, and I so agree!

Check out the upcoming class schedule by visiting www.boundlessyogastudio.com. Follow them on Facebook and Instagram @BoundlessYogaStudio

highlights | WORKSHOPS & CLASSES

YOGA CONDITIONING

This class is for yogis who want more strength and athletes who need to stretch. Get strong while working on your range of motion. Bring your playful spirit and get ready to have some FUN!

Location: Stroudsburg
Time: Fridays at 9:30am
Instructor: Brian Macrae Davis



AERIAL YOGA ESSENTIALS

This beginner class will cover all the basics you need to know for an Aerial Yoga adventure including hands grips, wraps, information about the fabric and how to set your rig to the correct height for your moves. Additionally you will learn the fundamental postures and safety for working in the hammocks while having fun with basic flows, anatomy concepts and conditioning work.

Location: Mt. Pocono
Time: Mondays at 7:15pm
Instructor: Elise Guadalupe & Brandy Rutledge



BENEFITS OF AERIAL:

- Makes inversions more comfortable and accessible for most.
- Allows for full lengthening of the spine while shining a light on where you may need to stretch or strengthen.
- Works our pulling muscles which is a great opposition to all the pushing force used in a regular yoga class.
- Strengthens and stretches the entire body.
- It is super fun!



BODY, MIND, MEDITATION YOGA

This class is the prescription for stress. Learn relaxation and meditation techniques while exploring healing body practices. Appropriate for all levels of practitioners

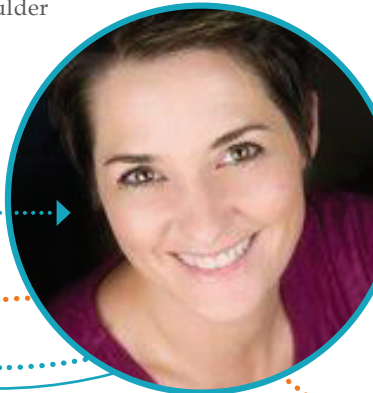
Location: Stroudsburg
Time: Thursdays at 7:15pm
Instructor: Amy Aanonsen



RESTORATIVE FLOW

In our fast-paced western lifestyle, we find ourselves feeling stressed out, unbalanced, and ungrounded more often than not. Allow yourself to unwind in blissful decompression with Restorative Flow. The first half of the class will be a short centering meditation and gentle flow. Movement prepares the mind and body for relaxation and meditation which brings us to the second half of class, a Restorative Yoga practice. Restorative Yoga involves postures supported by comfy blankets, bolsters and blocks that allow you to completely relax and quiet the mind. Held for 5 minutes or more, restorative postures include light twists, seated forward folds, shoulder and heart openers.

Location: Mt. Pocono
Instructor: Tracy Gross



MIRROR FLOW PARTNER YOGA: FINDING YOUR PRACTICE WITH FRIENDS

Chris Loeb sack and Brian Macrae Davis will take you on a fun-filled, community-based journey. See how your practice shifts and gets more playful when you have the mirror of another student in front of you. Our Mirrored Vinyasa will involve some partner work. You do not have to have a partner to attend this flow, but the more friends you bring, the more fun we can have.

Location: Stroudsburg
Date: 4/14/2017 From: 6:30 pm - 8:00 pm
Cost \$15 - Save \$5 when you register by April 7th!