

Address correction requested

- Balance your life
- Relieve stress
- Build body awareness
- Empower yourself
- Gain flexibility and range of motion

**Therapeutic Bodywork**  
**Private Yoga Instruction**

**Center for Wellness Therapies**  
2040 Regency Rd., Suite A  
859-536-1322

**Weekly Yoga Class Schedule**

Monday 5:15 to 6:30 p.m.  
**Newman Center**  
320 Rose Lane

Wednesday 6:00 to 7:15 p.m.  
**Mind Body Studio**  
517 Southland Dr.

*“After a massage treatment from Karen, I feel like every cell and fiber in my body is nourished and cleansed. My spirit and soul regain its vibrant zest for life”*

Sin Kwang The’  
Shaolin-Do Grand Master

Karen DiGirolamo, LMT, RYT  
2040 Regency Rd., Suite A  
Lexington, KY 40503



**Living  
Well**

**Karen  
DiGirolamo  
LMT, RYT**



**Empowerment through  
body awareness**



## **Yoga** an exploration of self

The visible, physical element of yoga is only an outward sign of the total growth taking place. Powerful internal changes such as stillness of the mind, greater awareness of the body and a stronger spiritual connection take place with a consistent yoga practice.

### • **Spiritual Aspect**

When practicing yoga, you turn your attention inward, letting go of the external world. Working from the sacred space within, you experience union of your humanity and divinity. Your connection to God becomes experiential.

### • **Physical Aspect**

Yoga increases body awareness, bone density, muscle tone and strength. You will improve your range of motion, flexibility and balance through your yoga practice.

### • **Mental Aspect**

Yoga teaches you appreciation, respect, love and compassion for your self and others. Yoga instills in you a state of peace and well-being that overflows into your outer life, expressing yourself from a centered state, improving your relationship with others.

**Gift Certificates Available for  
Bodywork and Yoga  
Instruction!**

## **Bodywork** a means of self-care

Bodywork is a valuable component of self-care which facilitates vibrant health on all levels of our being. As part of our health maintenance regimen, it creates an open, comfortable vessel in which to live by breaking down stagnation caused by everyday stress and tension.

### • **Physical Benefits**

Relieve muscle tension and stiffness  
Reduce muscle spasms  
Lower blood pressure  
Relax deeply  
Improve posture  
Strengthen immune system  
Reduce pain  
Improve sleep

### • **Emotional Benefits**

Enhance self-image  
Reduce levels of anxiety  
Increase mind & body connection  
Greater ease of emotional expression

### • **Mental Benefits**

Reduce stress  
Improve mental focus  
Achieve mental tranquility  
Attain mental equilibrium

*"Karen is both healer and teacher. I came for massage because living so much in my head was hurting my neck, and she guided me toward yoga, an ongoing path to health and joy. If you want to feel better, don't wait. Call today!"*

George Ella Lyon, Kentucky Author



**Karen DiGirolamo** is a Licensed Massage Therapist also trained in Visionary CranioSacral Work and Trigger Point Therapy. Her broad knowledge base and numerous skills enable her to address many types of issues. Bodywork sessions range from preventative maintenance to restoring health to specific problem areas. Karen enjoys working with clients of all ages, from children to elders.

Karen is a Registered Yoga Teacher with weekly classes in Lexington. Her gentle teaching style utilizes the breath to support poses, maintain inner body fluidity and enhance life force. Through detailed instruction students learn safe alignment, gain flexibility, balance and strength while cultivating body awareness and connection to self.

Since 1999 Karen's passion has been empowering individuals in their journey toward vibrant health and wellness through therapeutic bodywork and yoga.

**859-536-1322**

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