

## **What is Breakthrough Training?**

Breakthrough Training is a class designed by Kevin Perry to help you break through to a new level of results. The primary focus of the class is learning and practicing three body-weight exercises called dands (Hindu squats), bethaks (Hindu push-ups) and neck bridges.

These three exercises employ large muscle groups and, when performed over time, produce huge improvements in your strength, stamina, flexibility, balance, coordination, body composition and mental focus.

Kevin calls this class Breakthrough Training because even after practicing yoga regularly for nearly fifteen years, these three exercises produced huge breakthroughs in his health, well-being and fitness -- even though he was already able to hand-stands, head-stands, splits, vigorous standing poses and arm balances!

## **What's in it for You? Functional Fitness!**

By participating in this class you learn these three key exercises -- that you can do at any time, almost anywhere, with no equipment or special facilities. You can practice this series every day in less than 20 minutes and get incredible results, without the chance of injury associated with risky weight-lifting maneuvers. No spotter is needed.

Plus...the strength, stamina and coordination you develop are FUNCTIONAL. The well-being you produce with these exercises helps you in every day life while climbing stairs, getting in and out of your car, and doing yard work and home maintenance chores. Weight training, using benches and machines that stabilize you, isolates single muscle groups and only makes you better at *a particular exercise*.

In Breakthrough Training, the tiny muscles throughout *your body* provide the stability needed to do the job. A machine does not do it for you. Your tendons and ligaments, not just your large muscles, are stimulated. And because we keep moving during the class, your stamina gets a huge boost. What good is strength if when you really need it you're too tired and mentally exhausted to use it?

AND...the backbendings are phenomenal for strengthening your back muscles and changing your posture so that long hours at the computer or in the car are less harmful (got headaches? neck pain? eye strain?) to your health.

## **You're Gonna Kill Me, Right?**

It is a challenging class. But everyone works at his or her own pace. You do what you can do and then you sit back and watch as the results show up. Most people who try the class keep coming back, because it really works.

The class isn't just about learning. It's also about support. Sometimes when you need encouragement and the benefit from the group's energy, you can get it. Sometimes when you're feeling great, you encourage others. Everyone benefits.

### **What Do Participants Say?**

Check the *News Tribune's* Sunday Trends section over the next few weeks. They're set to publish a story about Breakthrough Training class participants. When Kim Figg, the reporter for the Tuesday "Body & Soul" section of the newspaper, interviewed our students, they reported, among other things, that common aches and pains had left them since they started the Breakthrough Training class. One student even said, **"It's the best health decision I've ever made."**

### **A New Year, A New Opportunity**

Every year, so many of us try to turn over a new leaf. We try to make a REAL change. Not one that is a mere flash in the pan. Here today, gone tomorrow.

This is not some piece of fitness equipment that soon will be used to hang out your wet laundry. It's not some special diet that promises miraculous weight loss. It's simply an opportunity to learn something that REALLY works to *significantly* alter what you think is possible for your body. It's also an opportunity to join in with a brave group of supportive classmates who are exploring what's possible in their bodies, too.

Starting in January, we're offering even more opportunities to be healthy and functionally fit. In addition to the weekly Monday 5:30 pm class and the Wed 7:00 pm class, **we're adding a Thursday noon class.**

### **A Big Favor to Ask**

We need your help. We need your help so we can help others.

Here's the plan truth: we've been offering yoga classes here in Jefferson City since 1999. Thousands of students have been positively affected by the practices we teach and the encouragement we've given.

But many more of the **thousands of people in mid-Missouri have never benefited from what we have to offer** because "Yoga" means something to them that they can't get past: "It seems weird. Or it's too Eastern. I don't like incense. It's not REAL exercise. It's against my religion. My body wasn't made to bend like one of those pretzels! I don't want to chant."

If you've ever invited a friend to a yoga class, you've probably heard them all by now.

So, here's something we want you and your friends to know about the Breakthrough Training class: **it's not yoga.**

We don't want it to be yoga. We want it to be what it is: a simple, effective, portable, body-weight exercise routine that delivers huge results, with none of the distractions that keep you away.

You can help us help others by forwarding this email on to someone who really wants to make a change in his or her body this year, but will never come to a yoga class. This is the class for them. So please let them know the opportunity is here right now.

Remember what Kevin's student said earlier in this letter? **"It's the best health decision I've ever made."** You or your friend could make that decision, too.

### **What's It Cost?**

All of our one-hour classes use 4 credits on your class card. So the most you can pay is \$8 for each Breakthrough Training class, if you buy a class card. Or you can pay by the class- individual classes cost \$10.

For those of you who've never been to Show Me Yoga Center before, your first class is always free!

We invite you to join us. You can start anytime, but there's no time like the present, so call today!