



# Beth Iglecia

BodyLife Specialist

My passion is taking my clients to new depths of vitality, strength, awareness and enjoyment of life through yoga, breath, health, life balance and nutrition. With a 10-year foundation in asana and movement, Holistic Health Coaching and Conscious Evolution, I integrate safe and appropriate physical options with mindful focus. Whether you are on a path of training, career, retirement, yoga or meditation, I work with you to cultivate what you value most in life and practice.

## Yin Yoga

### Deep, Balanced, Calm

Yin yoga uses breath, time and mindfulness to safely lengthen tissue, increase joint range of motion, and know and distinguish subtle sensations to enable greater flexibility, easier movement, blood flow for healing and greater body awareness.

## Vinyasa Yoga

### Strength, Flow, Grace

Vinyasa yoga focuses on linking breath to movement, cultivating mindfulness and metaphor from pose to pose to develop strength, stability and flexibility. Master your body's limitations and progress to new achievements in a safe and nourishing practice suited just to you.

## BodyLife Coaching

### Holistic Health +

Explore healthy habits in your food, environment, career and relationships. Developing a life on purpose means integrating your body and mind with intention. Support and coaching can make your actionable decisions easier, so you can achieve new changes or optimize the plan and path you are already on.



**One on One Sessions**  
**Classes & Multi-week series**

**Workshops and Seminars**  
**Custom Projects and Outreach**

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