

Plus-Size Yoga with Instructor Caitlin Custer New Addition to Blissed Out Yoga Winter 2013 Schedule

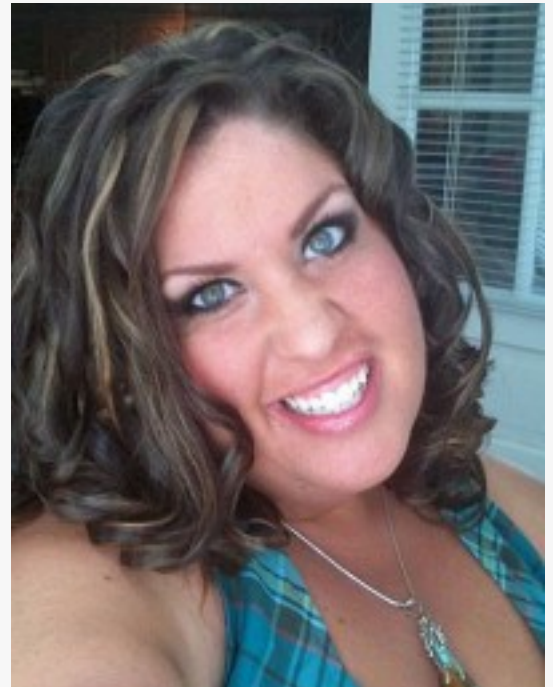
/EINPresswire.com/ Blissed Out Yoga, Elmhurst, Illinois, will offer a [plus-size yoga](#) series beginning January 22, 2013. The series is taught by Caitlin Custer and meets Tuesdays from 5:30pm to 6:30pm for eight weeks. Cost is \$112.00. Pre-registration is required.

Stacy DiGregorio, owner of Blissed Out Yoga and Thai Bodywork, a popular [local yoga studio](#) located in Elmhurst, Illinois, today announced it will offer a plus-size yoga series beginning January 22, 2013. The series is to be taught by Healing Yoga Foundation graduate Caitlin Custer and will meet Tuesdays from 5:30pm to 6:30pm, for eight weeks. Cost is \$112.00. Pre-registration is required. For more information or to sign up, stop by the studio, located at 381 N. York Street, Suite 24 in Elmhurst, Illinois or phone (331) 642-8198.

Yoga instructor Caitlin Custer, a plus-size person herself, is a graduate of the Healing Yoga Foundation's 500-hour Yoga Teacher Training for Yoga Therapy. She believes yoga is truly for every "body" because it emphasizes form over function and because its practice can be modified for anyone regardless of shape or size. "We are not limited by our curves—people of all shapes, sizes and levels can reap the benefits," said Caitlin.

The eight week class will focus on yogic breathing and yoga poses using modifications and props and will offer a broad range of other tools for supporting health, healing and personal transformation. According to Caitlin, "This class will meet you where you are and guide you on an individual journey to balanced and joyful living. Each class is taught with care and laughter and will help you to reach your goals safely and at your own pace."

Caitlin notes that by the end of the eight week series, participants can look forward to improved physical performance and stamina, increased attention span, enhanced focus and creativity and



Yoga Instructor Caitlin Custer to lead Plus-Size Yoga series at Blissed Out, Elmhurst, IL

reduced stress, to name a few benefits. "Back pain and arthritis are just two of the ailments that can be alleviated with a regular yoga practice," noted Custer. "A regular practice is also helpful in the process of self-discovery and personal transformation and provides an avenue for spiritual growth."

"We welcome anyone who is interested in developing a yoga practice but has been fearful that it is not for them because of 'body issues' to sign up and give it a try with Caitlin," said Di Gregorio. "We are eager to spread the word about the benefits of a regular yoga practice and welcome new practitioners to our yoga community!"

To learn more about Blissed Out Yoga and Thai Bodywork and view the class schedule, visit its website at <http://www.blissedoutyoga.net>. Follow Blissed Out on Facebook (<http://www.facebook.com/blissedoutyoga>) and Twitter (<http://twitter.com/blissedoutyoga>) for class updates and the latest news from this [Elmhurst yoga studio](#).

ABOUT BLISSED OUT

Blissed Out (<http://www.blissedoutyoga.net>) is a yoga and Thai bodywork studio located in downtown Elmhurst, Illinois. Blissed Out welcomes yoga fanatics and newcomers alike with a range of yoga classes and workshops that include Hatha, Vinyasa, Ashtanga, "Mommy & Me", acro-yoga and more.

ABOUT CAITLIN CUSTER

Caitlin Custer is a graduate of the Healing Yoga Foundation's 500-Hour Yoga Teacher Training for Yoga Therapy. Being plus-sized herself, she is living proof that yoga is for every "body." Caitlin's style of teaching is directly under the lineage of TKV Desikachar, which teaches that yoga is a holistic, healing discipline that offers a broad range of tools for supporting health, healing and personal transformation.

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<http://www.blissedoutyoga.net/>

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