

News from Yoga Sivananda de l'Outaouais



Winter 2012 Special Events & Workshops

Back Care Workshop

Saturday, Feb 11 11:30 am-1:30 pm

For acute or chronic conditions. Take home a 10-minute daily practice that will change your life.

Calming Panic & Anxiety

Part A: 5 Steps to Calm Anxiety

Sunday, Feb 12 10:30 am-12:30 pm

Part B: 5 Steps to Empowerment

Sunday, Feb 26 10:30 am – 12:30 pm

Workshop Week March 26-31

Focus on Headstand Class

Wed. March 21 8 p.m.

Introduction to Meditation

Monday March 26 6:30 p.m.

Back Care Workshop

Tuesday, March 27 7-9 p.m.

Chakra Journey: The Throat – Awakening the Creative Voice

Wednesday, March 28 7-9 p.m.

Healing with Yoga Nidra

Thursday, March 29 7-9 p.m.

'Thai Table Massage'

2-day Professional Training

March 31-April 1, 2012

Certified course with CEU credits

Private Appointments Available

Jan 21-22, Feb 19, March 10-11

With Albert Swiercz (Krishna), director of Anahata Yoga Therapy Centre in Val Morin, QC



Seniors' Adapted Yoga (65+)

Stabilize and strengthen, joint mobility, chair yoga, and lots of fun!

Monday, 1:15 pm Starts Jan. 30

More information on all these programmes is now posted on-line at

www.yoga-aylmer.com

Winter 2012 Class Schedule Now online

www.yoga-aylmer.com

Facebook

Next INTRO starts Jan 30

Yoga Therapy Group Classes

- **Restorative** – to anchor & stabilize
Monday 5:15-6:15 pm
Starts January 30
- **Modified Basic Poses** – posture & alignment
Wed. 5:30-6:45 p.m.
Starts February 1

Private appointments available.

