



Yoga Workshops January and February

Health Within Holistic Centre

Saturday, Jan. 6: “The New Year Forty Day Yoga Challenge” – part 1, 9am - 12 noon

(part 2 Sat. Feb. 17) 9am - 12 noon \$50 for both parts inc. tax

Saturday, Jan. 13: “Lunar Woman” a Kundalini Yoga Workshop. - 9am - 4 pm

\$50 all day inc. tax and vegetarian lunch

Friday eve, Jan 26: “Meditate rather than Medicate - Ways to Face Stress & Challenge in our Lives.” 6-8:30 pm – \$25 inc. tax

Saturday, February 3: “Seeking Better Balance - How Balance on the mat can bring Balance in Life and Vice Versa.” 9am-12 noon \$25 inc. tax

Full descriptions available on Yoga Ink website yogaink.com

Register with etransfer to yogaink@icloud.com

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yogaink.com

Yoga Workshops January and February

Health Within Holistic

Saturday, Jan. 6 - 9am - 12 noon - “The New Year Forty Day Yoga Challenge” - part 1 - Begin the New Year with a Plan and a Yoga Buddy to Help you Commit. Two part workshop: \$50 inc. tax

Sometimes all the right reasons in the world are not enough to get us on our mat doing something for ourselves. A small push in the right direction is a yoga buddy, whether they are near or far. The workshop will help you get inspired for a daily practice and team you up with someone that will commit to email or call you everyday to check in - “I practiced this morning, have you?” This buddy may be someone that came to the workshop with you or someone you have just met. After 40 days you may have a new friend or you can say au revoir! The workshop will include several 20 minute practices in different yoga styles, time to create your own to commit to and the creation of an impartial buddy system.

Saturday, Jan. 13 - 9am - 4 pm - includes vegetarian lunch - “Lunar Woman” a Kundalini Yoga Workshop. \$50 includes lunch, tea and tax.

In this day-long workshop the technology of Kundalini Yoga is used to explain the teachings that the essence of women has moon-like qualities and what this means. Using kriyas (physical practices with a known outcome and purpose) and meditations, participants learn about woman’s 11 moon centres that help clarify our nature as women. Acceptance of our true nature helps us tune in to our environment and its universal energies. And allows us to walk and live in a world often dominated by men. These might be men we love, the men we bear, or our friends. Living in tolerance is living in tension. We need to expand our hearts and gut knowledge and live with joy. Trying to put stereotypes aside, Atmabir Kaur, hopes to help participants with humour, self-knowledge, and connectedness to enjoy the differences between the sexes.

Friday eve, Jan 26 - 6:00-8:30 pm - “Meditate rather than Medicate - Ways to Face Stress and Challenge in our Lives.” \$25 inc. tax.

Stress is blamed, and rightly so, for tension headaches, aches and pains throughout the body, high blood pressure, panic attacks, irritability, and other large and small physical and emotional complaints. Meditation is not necessarily going to disappear all your stress but it might! There are many ways to meditate – and the workshop will explore several – silent and with sound; still and with movement. Meditation is a practice similar to many other practices...everyday it may be a bit different but it needs to be practiced everyday. How do you fit it into your busy life? A Zen Buddhist teacher once said “You should sit in meditation for 20 minutes a day. Unless you are too busy, then you should sit for an hour.” Some strategies and short meditations will be presented.

Saturday, February 3 - 9am-12 noon - “Seeking Better Balance - How Balance on the mat can bring Balance in Life and Vice Versa.” \$25

Standing on one leg takes more than a strong leg. Living a life of balance in this topsy turvy world these days takes more than a strong heart. Learn the five steps to better balance on the yoga mat and how they help you find solace and ease in day to day life. Some Yoga experience would be helpful but is not necessary – postures will be presented in a way that all participants are both challenged and find balance.

Saturday, Feb. 17 - 9am-12 noon - “The New Year Forty Day Yoga Challenge – part 2 - Two part workshop: \$50 inc. tax

We gather again to see how it all went...did you and your buddy support each other or did it all fall flat? Were you inspired to fit a 20 minutes or more practice into your day? Are you ready for a 90 day commitment?

The workshop includes a selection of 20 minute practices in different styles. And sharing of inspiration or encouragement.

Attend all the workshops for \$130 (\$150 value)