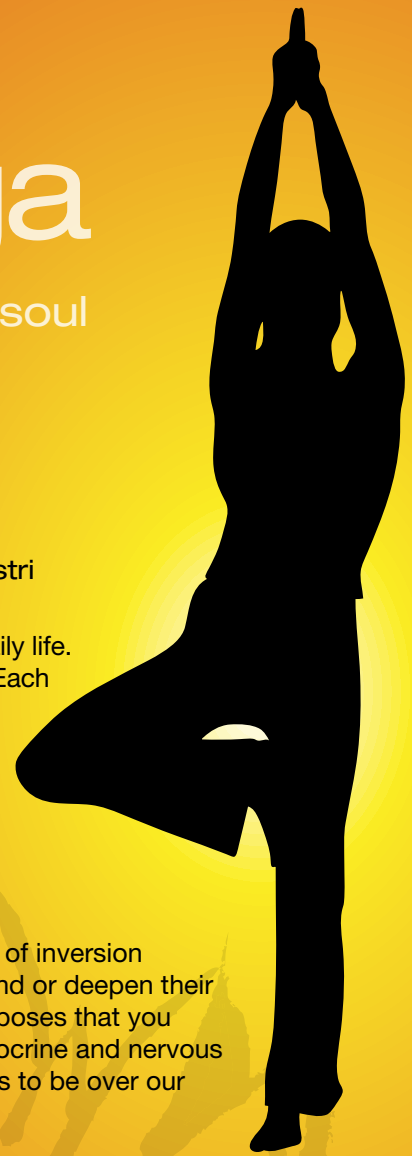




fresh yoga

healing the mind, body and soul



FALL INTO FRESH YOGA!

FALL YOGA WORKSHOPS AT FRESH YOGA



RESTORATIVE YOGA WORKSHOP with Debbie Olivastri
Friday September 23rd 6:30-9pm \$35 (\$40 at the door)

This workshop is specifically designed to eliminate fatigue and stress from daily life. All asanas are practiced through the support of blankets, straps and blocks. Each pose is held from 5 to 15 minutes giving the body ample time to unwind and move into the parasympathetic nervous system leading to an experience of profound rest and healing. Savour the deep relaxation of restorative postures as you melt away the stress and tension and reconnect with a deep sense of peace and calm.



INVERSIONS FOR EVERYONE! With Brandi
Friday October 21st 6:30-9pm \$35 (\$40 at the door)

Turn your world upside down, ...literally!! Feel the benefits and healing power of inversion postures. This workshop is designed for anyone who wants to fully understand or deepen their inversion practice, for beginners or long time practitioners. Learn to get into poses that you previously felt were "impossible" for you. Inverting benefits the cardiovascular, lymphatic, endocrine and nervous system, even lessen varicose veins. Inversions ask us to be fully present by allowing our hearts to be over our heads! Join us for a night of study, practice and of course FUN!



CHAKRAS 6 AND 7: INSIGHT, WISDOM AND SURRENDER
with Sarah Shapiro-Barnard, RSW, LCSW
Saturday November 19th 6-9pm \$45 (\$50 at the door)

Join Sarah, a licensed psychotherapist, for an exciting evening of learning and inspiration. Learn the Wisdom of the 6th and 7th Chakras in this ancient Yoga tradition. The 6th Chakra is your center of wisdom, insight and intuition. Learn the meaning of "symbolic sight" and how physical symptoms such as: poor eyesight, sinus problems, migraines, hearing loss, memory loss and all neurological problems may be a result of blocks in these upper Chakras. The Crown Chakra (7th Chakra) is your connection to your Spiritual Self and your highest wisdom. Learn the difference between clinical depression and a Spiritual Depression, a "Dark Night of the Soul. Learn how to heal your body and Spirit using the Chakras as your guide.



HOLIDAY BOOT CAMP: ASTANGA STYLE with Joanna
Starts Tuesday, November 15th (time to be determined) \$110 for eight 1.5 hour classes

Experience the next level of Yoga in this exhilarating and challenging Yoga Boot Camp! Keep holiday stress to a minimum by the power of deep, rhythmic breathing, keep your body healthy and keep the pounds from creeping on with all of the "holiday" parties. Be present, Be calm and Be strong. Enjoy the beauty and love of this Holiday Season and also enjoy the food! Come to Boot Camp with friends and practice with Joanna, an inspired Astanga Yoga teacher filled with energy and joy!

All workshops are held at **FRESH YOGA STUDIO** inside the **Dougall Superstore Plaza** near **Winners. 2430 Dougall Avenue. Visit www.freshyoga.ca for directions or full description and bio of each teacher. Spaces are limited.**

PLEASE REGISTER EARLY! 519-967-1329

*Please note that workshops fees are not included in monthly unlimited yoga passes.