



Whispering Winds YOGA

Ongoing Classes

Tuesdays	10:00-11:30	Beginners
	7:00 - 8:30	Beginners
Wednesdays	10:00-12:00	Experienced
	7:00 - 9:00	Intermediate

Registered Rate \$15 per class. Per Day \$20 per class

Students are required to **bring your own** mat, cushion, blanket, eye bag, belt, bolster, towel, etc.
The studio has some extras.

Please avoid wearing scented products. Thank you.

All classes subject to sufficient registration. Please call to confirm.

Note: Before class, please advise of any conditions that may require attention.

Workshops: 3 hours \$45 for registered students or **\$55** (includes GST)

Call for next dates: **Ayurveda, Yoga Nidra, Pranayama, Chakras, Chanting**

Ayurveda is the science of Self Healing. A holistic system of medicine that is indigenous to and widely practiced in India. The word Ayurveda is a Sanskrit term meaning “the science of life”. *Ayu* means ‘life or daily living’ and *Veda* is ‘knowing’. Ayurveda was first recorded in the *Vedas*, the world’s oldest extant literature. This healing system has been practiced in India for more than 5000 years. We will determine your dosha (constitution), understand the imbalances and integrate any changes into your daily life as well as your daily practice. **“Ayurveda proposes 3 paths: discover your constitution through contemplation and experimentation, protect and honour your digestive fire, and cleanse both the tissues and the mind of past toxins”** Matthew Remski

“Yoga Nidra is an ancient yogic practice of meditation that begins with sensing the physical body, then sensing breath & energy, feelings & emotions, thoughts & images, Joy & Love and finally the Ego-I & Witness. It is also referred to as the practice of Integrative Self-Restoration because it restores our senses to their natural functioning, gives rise to spontaneous dis-identification from afflictive physical, emotional, cognitive, and imagined conditioning, and restores conscious awareness of True Nature.” Richard Miller.

RETREATS – Spring & Fall

For more information or to register

Lanee - 705-293-0436

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www.ontarioyogaassociation.ca

We can't change the wind ~ but we can adjust our sails!