

Yoga Workshops with Briar

To register contact briar.boake@sympatico.ca or call 416-259-8669

- Up coming Sunday afternoon workshops ~ 1:00-2:30pm
- \$20 to register in advance, \$25 at the door

We will look at certain postures in depth and target specific topics. A page of notes from the class will be available to registered participants after the workshop.

Sunday January 29th – **The “other” hot yoga: Firing up the Core** – build heat from the inside out. Beginning with a cardio warm-up, this class will flow with strength and stability exercises from both Yoga and Pilates. Several *pranayama* sets will “inspire” this workshop. (*pranayama*= breath control or conscious breathing patterns)

Sunday February 5th – **Yoga postures for Shoulders and Hips** – These 2 areas can sometimes cause us continued aggravation with pain, tension, nerve twinges and a limited range of motion. After a thorough warm up, we will look at the full expression of some of these poses for healthy and strong joints. For those of us healing from injury or damage modifications will be demonstrated. Come and see if extra attention to these zones can improve your circulation and strength.

Sunday February 12th – **Yin Yoga**: a practice based on the ancient theory of an energy circulation system in the body (the movement and balance of chi or prana). Poses are held for several minutes on each side in order to stretch into the connective tissue of joints and muscles enabling a deep feeling of rejuvenation. More active poses are interspersed with these postures to heat and strengthen the body allowing for a balanced workout. A challenge also appears as with any mind/body fitness system, when the mind wants to intrude on a peaceful holding pattern. Breath and expanded awareness help here. Explore and discover your changing limits and these edges.