

London Yoga & Meditation Weekend

Location: Mindful Body Studio,
189 Adelaide St., London

November 19 and 20, 2010

Friday, Nov. 19

Intuitive Flow

7:30 - 9:30 pm

Saturday, Nov. 20

Surfing the Edges of Yin
and Yang Yoga

9:30 - 11:30 am

Saturday, Nov. 20

Raja Yoga and Yoga Nidra

1:30 - 3:30 pm

With Maureen Rae, RN, E-RYT

Program Director of Maureen Rae's Yoga Studio, Toronto
Registered Yoga Alliance Approved School of Yoga

Come! Join us for some yoga in London on a getaway weekend.

Take some time for You!

Perfect for couples or for a girls' get-together!

You will be on your own for meals and accommodations.

Friday 7:15 – 9:15 pm

Intuitive Flow

Maureen is known for her creative approach to the postures of yoga. Where does this approach come from? This style of yoga is a powerful form of healing and of balancing prana (vital life force.) The teacher creates, then holds a safe place for the students, opens to the energies in the space, and is guided and directed from within and without to lead a practice where students receive what is most needed. We start from where we are, and allow the feelings to guide our practice.



Everyone welcome. All levels.



To register:

Please call 416-716-7589 for
Maureen or

519-471-8243 for Lore
Wainwright

Fee: \$120 includes all 3
sessions (HST extra)

Full weekend only, please.

CanFitPro CECs available

Register Early! Space only
for 15 students.



Yoga teaches us to cure what need not be endured and endure what cannot be cured. ~B.K.S. Iyengar

Saturday 9:30 – 11:30 am

Surfing the Edges of Yang & Yin Yoga

The ancient sage, Patanjali, wrote that the postures of yoga should be performed with a perfect balance of energies that are both Strong and the Soft. Yang is the strong. Yin is the soft.

The 21st century yogi, Ganga White, describes this concept as ‘every pose has different levels of intensity and engagement...and every body has its own limits.’ Learn how to adjust these levels – or edges – in order to receive the most benefit from each pose. The asanas (postures) are tools, not goals, which help to unblock prana, easing the mind and the body, and releasing the spirit!

All levels.

Saturday 1:30 – 3:30 pm

Raja Yoga – Meditation and Yoga Nidra (Deep Relaxation)

Finding the Ah Ha! In Hatha Yoga! Yoga is so much more than the surface poses! It is said in the Yoga Tradition that every one of us suffers...and most of the suffering is manufactured by own own minds

Raja Yoga is concerned principally with the cultivation and mastery of the mind so that the mind serves you and not the other way around! This practice will incorporate postures, breath, mantra, mudra, Buddhist meditation techniques and deep relaxation – all tools with which bring the mind and emotions into balance.

All levels.

*The Lamplighter Inn is closeby to the studio.
591 Wellington Rd., London
www.lamplighterinn.ca*

