

Free Your Mind with Meditation

SPECIALTY CERTIFICATE

Location:

Maureen Rae's Yoga Studio
5324 Dundas Street West
Toronto

Date: Sunday, May 6 2012

Time: 1 - 4:30 pm

Trainer: Maureen Rae, RN, E-RYT

Tuition: \$59.95 + hst

Contact: info@mraesyogastudio.com
Website: www.mraesyogastudio.com

With Maureen Rae, RN, E-RYT

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

*This 3.5 hour workshop focuses on the real reason for doing yoga!
Quieting the Mind...and opening to Unlimited Possibility! Drawn from
Hindu, Tibetan Buddhist and Yogic traditions, this workshop will
continue your study of different meditation philosophies and how to
incorporate them into your practice and teachings.*

CURRICULUM



** You'll learn at least 10 different meditation techniques that are appropriate for various types of yoga classes. Rather than straining to achieve a meditative state, you'll be encouraged to meditate without expectation, and learn how to share this with your participants.*

This workshop is suitable for students and teachers.

FULL MANUAL !



To register:

Please call 416-716-7589

Fee: \$199 (HST extra)

CanFitPro CECs available

Make a weekend of it!

Older Adults Specialty
Workshop Sat. May 4!

