

The Wind in Your Sails - Breathe!

SPECIALTY CERTIFICATE

Location:

Maureen Rae's Yoga Studio
5324 Dundas Street West
Toronto

Date: Sunday, March 4 2012

Time: 1 - 4:30 pm

Trainer: Maureen Rae, RN, E-RYT

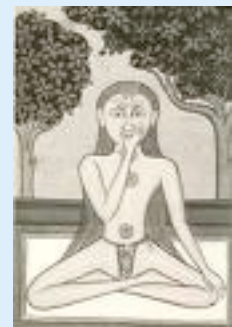
Tuition: \$59.95 + hst

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 importance of yogic breathwork which forms the foundation of every hatha yoga practice. Indeed, Breath is a time-honoured yoga all on its own, with enormous health related benefits. Basic breath awareness techniques will be taught as well as traditional pranayama practices from various traditions



To register:

Please call 416-716-7589

Fee: \$59.95 (HST extra)

CanFitPro CECs available

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Register Early!

Space Limited

