

# Toronto Yoga & Meditation Retreat Weekend

Location: Maureen Rae's Yoga Studio  
5324 Dundas Street, Toronto

May 4 - 6 2012

Friday, May 4	Saturday, May 5	Sunday, May 6
Intuitive Flow	Teaching Yoga to Older Adults	Free Your Mind With Meditation
6:30 - 8 pm	11am - 5 pm	1:00 - 4:30 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 Toronto 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 6:30 - 8 pm

#### Intuitive Vinyasa 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:**

416-716-7589



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

**Saturday 11 am - 5 pm**

**Teaching Yoga to Older Adults**

*The over-50 active adult is THE target market group for teachers of Yoga! Yet, many classes are just too challenging with all the kneeling lunges, up-dogs, and the down-dogs. Not to mention the getting down to – and up from the mat. Learn how to select poses, modify them and to sequence them into a wonderful flowing vinyasa-style class.*

**Curriculum includes**

System Review – understanding how the body ages with relevance to teaching yoga

- Fundamental Pose Modification
- Yin Yoga Solutions
- Viniyoga (Healing + Therapeutic Yoga)
- Class Design + Formats (Choreography Provided\_
- Twists/Forward Bends/Inversions for this at-risk group
- Chair Yoga and Laughter Yoga

For teachers and students of all levels.

4 Canfitpro CECs

**BIG MANUAL !**

**Sunday 1 - 4:30 pm**

**Free Your Mind with Meditation**

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 incorporate these techniques into your own practice, or to share with your participants.

*This 3.5 hour workshop focuses on the real reason for doing yoga.. Quietening the Mind..and opening to Unlimited Possibility!*

*Drawn from Hindu, Tibetan Buddhist and Yogic traditions, this session will truly expand your mind!*

For teachers and students of all levels.

2 Canfitpro CECs

**BIG MANUAL !**



*The Stay Inn is approx 5 minutes by car from the studio.*

[www.stayinnsuites.ca](http://www.stayinnsuites.ca)