

green room yoga

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presents

FALL 2009 WORKSHOPS

with

Yogachaitanya

● YOGA NIDRA - INSTANT RELAXATION & STRESS RELIEF

Saturday 10th October, 2 - 5pm

\$45 early bird before Saturday 26th September, \$55 after

Come and learn this profound meditation technique done lying down and experience how a 30 minute practice offers the same level of rejuvenation and regeneration as 4 hours of deep sleep. This practice can help alleviate insomnia, fatigue and stress, as well as harnessing a greater sense of mental and emotional balance and harmony. A simple technique with profound effects.

● PRANAYAMA - BREATHING FOR HEALTH & ENERGY

Saturday 31st October, 2 - 5pm

\$45 early bird before Saturday 17th October, \$55 after

In this workshop you will learn the basic principles of yogic breathing and fundamental techniques for cleansing the body, clearing the mind and harmonising the emotions. Simple to do with instant effect. Techniques will be explored to get more out of Yoga postures, meditation, increase health and mental focus.

TO REGISTER FOR BOTH WORKSHOPS

For both workshops \$80 before Saturday 26th September, \$100 up to Saturday 10th October

TO REGISTER :

EMAIL - look@theopeningi.com

CALL - 604-215-0037

Yogachaitanya is a qualified Satyananda Yoga Teacher from the Bihar School of Yoga. He holds a first degree black belt in Shotokan karate, is a Shamballa Reiki Master, a Vision Quest Protector and holds a BA (HONS) in Architecture. He continues to travel, teach and explore.



To find out more about Yogachaitanya visit: www.theopeningi.com