

Complimentary Sunday Morning Yoga—January 2010

Sunday, January 3rd

Join Laura Guistizia of Divine Yoga and Dance for a **Sankranti New Year Practice** to celebrate the transition of the Sun and the Winter solstice--marking the beginning of the gradual increase of the duration of the day.....a practice to celebrate greater Love & Light in our lives and the World in 2010!

Sunday, January 10th

Join yoga instructor, Healing Practitioner and author of **THE BEAUTY OF YOGA** for an hour of yoga in the Kripalu method. This style of practice focuses on releasing and healing while challenging your body physically. Jacine's goal is to create a safe environment to bring you fully into your body, mind and spirit--to achieve the ultimate in body/mind fitness and internal awareness.

Sunday, January 17th

Join us for a fabulous Kundalini Yoga kriya on Detoxification and Vitality for beginners with Marise Foster. Marise is a certified Kundalini and Hatha Yoga instructor, holistic nutritionist and Meditation practitioner and Integrated Energy Therapist.

Sunday, January 24th

Join Denyse Le Brun, Flow Yoga Instructor from Timberlane Athletic Club in Aurora, as we move through this energetic hour long practice.

Sunday, January 31st

To end our month of classes, we look forward to Yin/Yang yoga with Jim Nicholson. Join us for this class which incorporates both the elements of movement and stillness in postures to decompress and release as we face the rest of our Canadian Winter!