

Yogaroots Mindfulness Centre *Summer workshops*

July 11
Introduction to Yoga
history and philosophy
Tara

Interested in yoga history? Where do the teachings and practices originate? Learn the roots of yoga.

Sunday Afternoon
Workshops
1:30 - 3:30pm
\$30

taxes included

July 18
Releasing the lower spine
Dawn

Learn a few simple poses to rejuvenate and release tightness in your lower back and ease chronic back stiffness.

August 8
Awakening your feet
Tara

All of our standing asana begin in the feet! Learn how to loosen, strengthen, trust and ground your feet to bring stability not only to your yoga practice but to the whole of your life.

August 15
Introduction to Feldenkrais
Judy

More info to come...

August 22
Women in Mid-Life
Maris

Are you experiencing some effects of perimenopause/menopause? Meditation, relaxation, breathing and active yoga practice will be included.

Yogaroots Mindfulness Centre *Retreats in house*

Summer retreats held at the Yogaroots Studio

'Awakening the spine'

Exploring the method and passion of Vanda Scaravelli. Focus on inversions and backbends. Led by Tara.

July 24 and 25
Saturday and Sunday
2 - 6:30pm (9 hours total)
\$122

Curious about the method and lineage of yoga taught at Yogaroots? Learn about the principles and practices of this method that stand apart from other yoga methods.

We will begin with a focus on grounding and experiencing 'the wave' as taught by Vanda and Esther Myers. We will use this connection to deepen our practice in backbends and inverted asana.

Teaching yoga

Be inspired to teach! Build confidence, communication skills and find inspiration for guiding students through an empowering and informative yoga practice. Led by Tara

August 28 and 29
Saturday and Sunday
2 - 6:30pm (9 hours total)
\$122

If you are already a teacher or teacher trainee this workshop will help to develop your own voice, expression and passion for teaching yoga.

We will look at what creates a positive experience for the students and the teacher. Allowing your teaching to be fulfilling and uplifting, while maintaining a safe and informative class.