

Live & Learn Fall Workshop

Women's Yoga Getaway

Date

September 16 – 18, 2009

Location

Painter's Lodge in Campbell River (3 hours north of Victoria)

Price

\$199 per person, including two nights accommodation, based on double occupancy.

Skill Level

Open to all women regardless of yoga experience, physical condition, age, shape or size.

Workshop Description

Yoga is an amazingly powerful way to support ourselves as women, helping calm our minds, strengthen our bodies, clarify focus in life, deepen self-acceptance and balance our hormonal cycles. If you're a modern woman reading this, you will already know that we NEED to take time to slow down, replenish our energy, and reconnect with our deepest truths – AND we really need to take care of our bodies. This workshop will be an opportunity to do just that. We will practice relaxation, breathing, yoga asana (postures) vinyasa (flowing, sequences of posture) and bhavana (setting intentions).

About your instructor: Laura Busheikin – yogawithlaura@telus.net

Laura's approach to yoga integrates a variety of teachings and emphasizes energy awareness, healing and the magic of the mind/body connection. Laura has two different teacher certificates and continues to study avidly in different styles of yoga, yoga therapy, and yoga philosophy. She loves working with groups of women and brings a wealth of experience in this field, having worked professionally for many years as a program coordinator for women's organizations in Europe and on Denman Island.

About Painter's Lodge

Nestled on the picturesque shores of Discovery Passage, Painter's Lodge is a renowned adventure resort in a spectacular natural setting. Life at the resort centers around outdoor adventures, beautiful gardens, spectacular dining and more.

For reservations or more information, please call 1-800-663-7090.

www.obmg.com/learn

Live & Learn Fall Workshops

Women's Yoga Getaway

(Please meet in Discovery Room)

Wednesday, September 16

- 3:00 pm Resort check-in.
- 3:30 – 6:30 pm Opening circle; breathing exercises and meditation.
Hatha yoga practice focusing on pelvic health.
- 8:00 – 9:30 pm OPTIONAL Evening lecture/discussion: Yoga in Your Life
Choosing a class, practicing at home, styles of yoga, finding
your motivation, yoga and body image.

Thursday, September 17

- 9:00 – 12:00 pm Morning breathing exercises and meditation.
Hatha yoga practice focusing on fundamentals of posture, pose
and movement.
- 3:00 – 6:00 pm Playing with yoga practices; sound, touch, partner work, mantra
and intentions; moon salutations.
- 8:00 – 9:30 pm OPTIONAL Evening lecture/discussion: Yoga as a
Transformational Practice. Why do we do yoga, yoga for
psychological and emotional balance, essential tenets of tantric
and classical yoga philosophy.

Friday, September 18

- 9:00 – 11:30 am Morning meditation
Hatha yoga practice focusing on accessing your body, wisdom;
closing circle.
- 12:00 pm Resort checkout.

What to Wear/Bring

Please bring a yoga mat. A large blanket and block are optional.
Please wear comfortable clothing appropriate for some movement.