

## **Live & Learn Fall Workshop**

### **Blossom with Yoga**

**Date**

May 18-20, 2010

**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 everyone regardless of yoga experience, physical condition, age, shape or size.

**Workshop Description**

May is a month when the creative energy in nature is surging, and a yoga retreat is a great way to be part of this seasonal celebration of the life force! Over three days, we'll practice yoga asana (postures), meditation, visualization and pranayama (breathing techniques), all aimed at opening ourselves up to our deepest potential. As we work through physical blocks in the body, we'll also untie emotional knots, freeing up trapped and stagnant energy so we can move beyond outmoded, limiting patterns and truly flower. The retreat also includes an optional evening lecture, 'Yoga, The Energy Body, and Healing.' All experience levels, ages, body types, and genders welcome. If you have any questions about this workshop, please contact Laura.

**About your instructor:** Laura Busheikin – [yogawithlaura@telus.net](mailto: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 holds four different yoga teacher certificates and continues to study avidly in different styles of yoga, yoga therapy, and yoga philosophy.

**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](http://www.obmg.com/learn)**

## **Live & Learn Spring Workshops**

### **Blossom with Yoga**

**(Please meet in Discovery Room)**

#### **Tuesday, May 18**

- 3:00 pm                      Resort check-in.
- 3:30 – 6:30 pm              Opening circle; breathing exercises and meditation; setting intentions. Hatha yoga practice focusing on opening energy centres in the feet and hips.

#### **Wednesday, May 19**

- 9:00 – 12:00 pm              Morning breathing exercises and meditation.  
Hatha yoga practice focusing on allowing energy to flow up the spine and opening the heart centre.
- 4:30 – 6:00 pm              Hatha yoga focusing on opening the centres in the hands and shoulders, deep relaxation.
- 8:00 – 9:30 pm              OPTIONAL Evening lecture/discussion: Yoga, The Energy Body and Healing. The philosophy and practice of yoga as a healing art that supports physical and psychological health and personal growth.

#### **Thursday, May 20**

- 9:00 – 11:30 am              Morning meditation  
Hatha yoga practice focusing on opening energy centres in the throat, jaw and head; 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.

Please note that the afternoon of Wednesday, May 19 has been left open for spa treatments at April Point Resort & Spa. Please contact the spa at 250-285-2668 to make your reservation.