



Rising Sun Yoga

www.risingsunyoga.ca

8 Week Yoga for Healing & Stress Relief

with Barb Pierce
10:30-12:00 am
(21 Jan-11 Mar)

Suitable for all levels, the focus is on gentle movement, meditation, healing visualizations and stimulation of the body's natural ability to heal. You will also learn to identify behavioural and emotional patterns which can contribute to disease.

This class is intended for people who want to reduce stress and find new ways to deal with physical or mental challenges. You will learn:

- techniques for calming the mind and body;
- gentle movements to promote healing by stimulating organs, glands and chakras;
- meditations designed to promote healing;
- how to create and use healing visualizations; and
- techniques to help let go of negative thoughts and fears.

Yoga for Healing & Stress Relief will help you to re-connect with your body, feel more in control of your situation and improve your outlook for the future.

Barb Pierce at 613.256.7862 or coachinghorizons@sympatico.ca