

Live & Learn Fall Workshop

Women's Yoga Getaway

Date

September 6-8, 2011

Location

April Point Resort & Spa on Quadra Island (3 hours north of Victoria)

Price

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

Skill Level

All experience levels, ages, body types, and genders welcome.

Workshop Description

Yoga is an amazingly powerful way to support ourselves as women, helping calm our minds, strengthen our bodies, connect with the sacred feminine, 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, rediscover our deepest truths, and heal our relationship with 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 holds four different yoga teacher certificates and continues to study avidly in different styles of yoga, yoga therapy, and yoga philosophy.

About April Point Resort & Spa

April Point Resort & Spa is an island getaway away from the crowds, featuring the elegant yet laid back atmosphere of the west coast. Enjoy wildlife tours, kayaking, fishing, spa treatments, island tours and sumptuous meals, all enhanced by the stunning natural beauty of Discovery Passage. Guests also enjoy the amenities of Painter's Lodge in Campbell River, connected by a complimentary scenic water shuttle.

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 Salon A & B)

Tuesday, September 6

- 3:00 pm Resort check-in.
- 3:30 – 5:30 pm Opening circle; breathing exercises and meditation. Hatha yoga practice focusing on pelvic health.
- 8:00 – 9:30 pm Evening lecture/discussion: Yoga and women – Yoga to support you through your life cycle, yoga and weight loss, yoga and well-being.

Wednesday, September 7

- 9:00 – 12:00 pm Morning breathing exercises and meditation.
Hatha yoga practice focused on fundamentals of posture, alignment and energy awareness.
- 4:30 – 6:00 pm Hatha yoga with a focus on long, slow restful poses.

Thursday, September 8

- 9:00 – 11:30 am Morning meditation
Hatha yoga practice focusing on sun salutations
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, September 7 has been left open for spa treatments at April Point Resort & Spa. Please contact the spa at 250-285-2668 to make your reservation.