



Saturday March 27th 5:30 pm - 7:30 pm SA5GUE

The Yoga Birth method

Learn yoga principles that allow women to experience a mindful and enlightened birth. Prenatal yoga is intended to maintain a healthy pregnancy, the yoga birth method turns a prenatal practice into a technique that can be used when labour begins. By teaching the appropriate yoga postures and breath awareness for each stage of labour you empower a birthing women to be in full control of her delivery and birth journey. This course will cover the three stages of labour and how to use the Yoga Birth Method through each stage.

Dorothy Guerra

Dorothy Guerra is the creator of The Yoga Birth Method. She is Labour Doula, Child Birth Educator, and president of the Ontario Yoga Association. Teaching yoga for over 15 years, she specializes in prenatal care, owns Fertility to Delivery – Pregnancy Care Yoga Center, and is affiliated with CAPP. www.parivartanyoga.com

JADE
Nature's Best Yoga Mat

Why Jade is Nature's Best Yoga Mat:

Environmentally Friendly:
Made sustainably in the US in compliance with all US environmental laws, with natural rubber, tapped from rubber trees & contains no PVC or other synthetic rubber.

Non-Slip:
Open cell natural rubber guarantees optimum grip.

Comfortable:
Better cushion and more resilience than any other yoga mat, just feel the difference.

Buy a Mat, We Plant a Tree.

JADE|YOGA™
www.jadeyoga.com

Please visit the Garden Square, Booth 615, at the 2010 Toronto Yoga Conference & Show. Trade-in any used mat for a \$5.00 discount. Distributed in Canada by Stezo Importers, stezo@rogers.com

HEAVEN ON EARTH YOGA INSTITUTE

Learning & Retreat Center
200 & 500 HRS YA RYS

Founder-Director
Karen Heaven Claffey
E-RYT 500



300 Hours Yoga Therapy Training
500 Hours Certification for RYT200's
Mar 1-30, 2010 Pierrefonds (Montreal) QC
Jul 1-30, 2010 Stoney Creek (Hamilton) ON

200 Hours Yoga Teacher Training
Oct 2010-May 2011 8 Weekends Stoney Creek ON
Accommodations & Organic Vegan Meals Available.

888.GO.KAREN (888.465.2736)
www.heavenstudio.ca