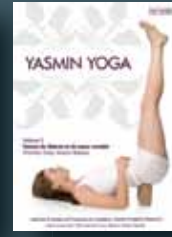


Yasmin Gow

Yasmin has taught yoga for nearly a decade. Her practice is based in Ashtanga yoga and inspired by dance, nature and the interconnectivity of life. Also a writer, speaker and environmentalist, Yasmin is the owner of Om West Holistic Centre in Montreal, has toured Canada with David Suzuki, instructed professional athletes, and released a DVD series. www.practicebliss.com



Saturday March 27th 8:00 am - 10:00 am SA1GOW
Effortless Deep Tension Release

Learn a nurturing sequence of supported postures to help release tension from key areas; head, neck, shoulders, back, chest, abdomen and hips. Learn to use yoga props effectively, work through injuries and induce a healing experience.

Saturday March 27th 1:00 pm - 3:00 pm SA3GOW
Adapting Ashtanga Yoga for Beginners

Learn how to make the traditional Ashtanga primary series safe and progressive for beginners in a typical 60 min or 90 minute practice. Modifications, pacing, how and when to introduce difficult postures and vinyasa transitions will be covered in detail.

Saturday March 27th 5:30 pm - 7:30 pm SA5GOW
Improving digestion with yoga

Learn a comprehensive and constructive series of postures and breathing techniques to assist you and your students in improving digestion and assimilation. Topics covered include healing foods and alleviating bloating, cramping, indigestion, and IBS.

Sunday March 28th 11:30 am - 6:30 pm SUIGOW
Moon Cycle Yoga for Women

Learn to teach and practice four elegant series of postures in this powerful and unique workshop. Specifically designed techniques to contemplate, restore, alleviate cramps, PMS symptoms, release lower back discomforts, and irregularities will be covered in detail. These four distinct practices complement and assist each phase of the menstrual cycle.



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