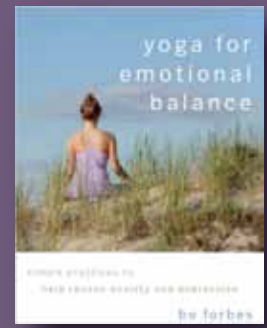




BO FORBES

Bo Forbes is a clinical psychologist, yoga teacher, and integrative yoga therapist whose background includes training in biopsychology, behavioral medicine, sleep disorders, and stress management. She is the founder of Integrative Yoga Therapeutics, a system that specializes in the therapeutic application of yoga for anxiety, insomnia, depression, immune disorders, chronic pain, physical injuries, and athletic performance. Bo conducts teacher trainings and workshops internationally and writes frequently for Yoga Journal, Body + Soul, Yoga International, and the International Journal of Yoga Therapy. She is the author of *Yoga for Emotional Balance: Simple Practices to Relieve Anxiety and Depression*. For more information, visit www.boforbes.com.



Friday April 15th 9:00 am - 4:00 pm FR1FOR

Yoga for Emotional Balance: Simple Practices to Help Heal Anxiety and Depression

Anxiety and depression exist not only in the mind, but in the brain and body. Our current paradigm of healing favors intense, physically and mentally challenging practices. Yet lasting positive change also requires subtle practices that build in a progressive sequence over time. In this workshop, we will explore how to create a sustainable therapeutic practice using the subtle, yet deeply powerful interventions of breathwork, mindful asana practice, postural alignment, and restorative poses. We will soothe the mind, regulate the nervous system, "pranify" the physical body, and enhance immunity to forge a direct path to optimal functioning. Asana, pranayama, restorative yoga, lecture. *You will benefit more from this class if you bring a bolster or two to three blankets, a strap, and an eye pillow. Asana, pranayama, restorative yoga, lecture.*

Saturday April 16th 10:30 am - 12:30 pm SA2FOR

Where Neuroscience Meets Yoga: Change Your Body, Change Your Mind

What makes change so difficult? Our physical bodies also communicate with our immune and nervous systems. The incredible power of this mind-body network can be used either to reinforce challenging patterns, or to transform them. In this session, we will explore how change really happens, and experience simple methods of harnessing the body's natural wisdom and intuition to create lasting physical, emotional, and spiritual well-being. *You will benefit more from this workshop if you bring a blanket, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture. All levels.*

Saturday April 16th 1:00 pm - 3:00 pm SA3FOR

Mind-Body Flow: Crafting a Therapeutic Vinyasa Practice

Yoga is inherently therapeutic on physical, mental, emotional, and spiritual levels. When we weave together yoga's most therapeutic elements into a cohesive practice, we enhance its healing impact. This vinyasa class will be infused with therapeutic elements you can add to your existing practice, including simple pranayama, postural adjustments, mindful transitions, blockwork and isometrics, and restorative poses. We will use these elements to create space in the body, calm the mind, stimulate lymphatic flow, and build inner awareness and integration. Highlighted areas will include the hard-to-open hamstrings, pec/shoulder junction, and IT band. *You will benefit more from this workshop if you bring a blanket, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.*

Sunday April 17th 9:00 am - 11:00 am SU1FOR

Injuries and Chronic Pain Disorders: Awakening our Pathways to Healing

Injuries and pain disorders such as fibromyalgia, chronic fatigue syndrome, and arthritis place the nervous system on continual alert. Healing requires interrupting the brain's faulty pain pathways, stimulating the immune system, and calming the nervous system. Using techniques drawn from Integrative Yoga Therapeutics™, you will learn how to balance the nervous system and re-establish physical and emotional alignment, equanimity, and health. *You will benefit more fully from this class if you bring a bolster or 2-3 blankets, a strap, eye pillow, and 2 blocks. Light Asana, Pranayama, Restorative Yoga, Lecture. All levels.*

Sunday April 17th 11:30 am - 1:30 pm SU2FOR

The Lymphatic Web: Revitalizing the Immune System, Emotional Body, and Happiness Pathways

The immune system is part of an intricate web whose filaments reach deep into the nervous system and emotional body. Flushing the lymph activates parasympathetic channels, boosts the immune system, calms the brain, improves sleep, strengthens positive emotional pathways, and builds resistance to negative emotions. Using Integrative Yoga Therapeutics, we'll explore ways to flush toxins from all components of the Lymphatic Web, enhancing physical, emotional, and energetic life-force and creating the blueprint for emotional well-being. *Bring a bolster or two to three blankets, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.*

www.schizophrenia.on.ca

<p>To register visit: www.schizophrenia.on.ca</p>	<p>Oakville Yogathon Saturday, February 12, 2011 The Meeting House 2700 Bristol Circle Phone: 1-800-449-6367 x304</p>	<p>Peterborough Yogathon Saturday, March 5, 2011 Trinity United Church 360 Reid Street Phone: 705-749-1753</p>	<p>Toronto Yogathon Saturday, March 5, 2011 The Berkley Church 315 Queen St East Phone: 1-800-449-6367 x223</p>
	<p><i>Support SSO by registering to raise funds and have fun doing it!</i></p>		