

**Friday March 30th 9:00 am - 4:00 pm FR1SOB**

**Yoga for Anxiety**

For many, stress is part of daily life. When normal stress occurs, and the body's natural relaxation response is triggered, the moment passes and we are able to return to a sense of balance and ease. Stress becomes chronic or evolves into anxiety when the "fight or flight", or stress response, occurs so frequently that it suppresses the relaxation response. Yoga offers us simple tools to realign the relationship between the stress response and the relaxation response, bringing the body and mind back toward balance and health. Using asana, pranayama and meditation practices, we will explore the experience and sensation of relaxation in the body and begin to understand how this physical relaxation affects the nervous and respiratory systems, the adrenal glands, and ultimately the mind. We will practice, discuss and explore, with individuals using their own body as a laboratory.

**Saturday March 31st 5:30 pm - 7:30 pm SA5SOB**

**Yoga for Anxiety**

Explore asana, pranayama and meditation practices that can support those living with the challenges of stress and anxiety. Understand the basis for each practice and how it may help you and those you live and work with return the body to health and balance by re-energizing the natural relaxation response.

# TAMA SOBLE

*Tama Soble began practising yoga in 1984, and was trained to teach by Esther Myers and Monica Voss. She co-owns and teaches classes and trains teachers at Esther Myers Yoga Studio and offers retreats, teacher training and workshops in Ontario and Italy.*  
[www.estheryoga.com](http://www.estheryoga.com)



**Sunday April 1st 11:30 am - 6:30 pm SUIEMY**

**Empowering the Aging Body**

Our population is aging and many older individuals are drawn to practising yoga because they now have time, they have been encouraged by a health practitioner, and yoga is available everywhere. There are countless movements that are desirable and possible, especially in an aging body, and it behooves us as teachers to focus on ease and pleasure of movement when instructing older students. As teachers, we must inform ourselves about some of the natural changes as the body ages, so as to be able to offer options and teach older students in a manner that is safe, empathetic and encouraging.



*Monica Voss has practiced yoga for over 30 years, having studied with Esther Myers since 1978 and Vanda Scaravelli for 10 years in Toronto. She co-owns and teaches at Esther Myers Yoga Studio, as well as offering workshops, retreats and teacher training internationally.* [www.estheryoga.com](http://www.estheryoga.com)

# MONICA VOSS

**Thursday March 29th 11:00 am - 6:00 pm TH1VOS**

**Pre and Post Natal Training**

Increase your knowledge of pregnancy, labour and delivery. Build your confidence teaching pregnant women at any stage and within any class setting. Learn to support women's recovery post-partum. Through a combination of lecture, practice, discussion and hands-on assisting you will learn to assist any woman develop skills to help herself through one of life's most intense physical challenges.

**Friday March 30th 6:00 pm - 8:00 pm FR2VOS**

**Approaching Inversions with Confidence**

Inverted poses are challenging, invigorating, and unusual for adult humans. Unlike many creatures, we hardly ever turn upside down, but it's in our DNA to do so and it's so much fun! Learn safe, progressive preparations and adaptations for Handstand, Peacock, and Shoulder Stand for students at any level, so everyone can experience the excitement, joy and release Inversions create.

**Saturday March 31st 5:30 pm - 7:30 pm SA5VOS**

**Breath Awareness and Deconstructing Pranayama: A workshop for students and teachers**

Often in yoga classes, Pranayama is taught only at specific times and in specific ways, leaving students feeling confused and unable to practise on their own. Learn breath awareness techniques that unlock and demystify pranayama exercises, making them accessible, understandable, a resource and a pleasure for any student.



**purpleheart yoga**

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*Sacred Experiences in Peru*

*Mar. 9-26, July 30-August 14  
Sep. 12-26 and Dec. 12-26, 2012*

[www.shiatsubysheer.com](http://www.shiatsubysheer.com)