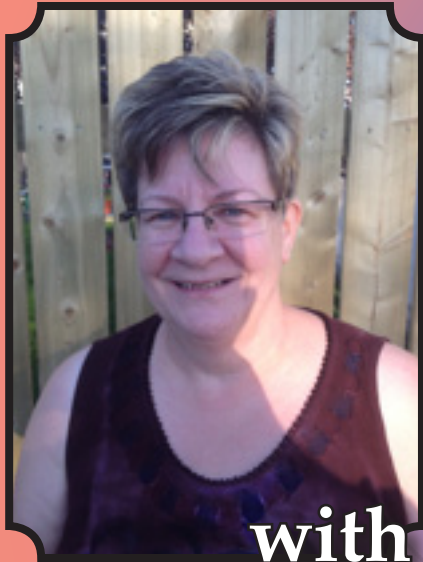


Yoga for the Lymphatic System II

Sunday, January 14, 2018 10:00 - 2:00pm Cost \$60 (\$55 members)



About the Course

Dorothy will lead participants through Therapeutic Breathing as taught by the old masters. The survival technique of the Tibetan Yogis will be experienced. The benefits include stimulation of the lymph nodes to rid the body of toxins and assist in migraine and headache relief. The breathing exercises will be combined with Classic Hatha Yoga postures and meditation to make a well-rounded workshop.

This Lymphatic System II workshop is a continuation of poses, breathing and movement from the Basic Lymphatic System Workshop. Attendance at the first Lymphatic Workshop is not required.

with Dorothy Robinson

Dorothy was certified with Friedel Kattab's School of Yoga in 2004. In January 2017 she received her Senior Teacher designation with the Yoga Association of Alberta. Her education includes training in classical Hatha yoga: Okido, Wada and Nakamura systems of yoga, therapeutic breathing, pranayama (Dr. Gharote), mudra's, yoga for the lymphatic system, yoga of the old masters (Sivananda, Shyam Goswami), Swami Dev Murti and much more.



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . yogafortoday.ca

