

# Yoga for Life

A Look at Ashtanga Yoga,

Breath & Buoyancy

*with Fiona Stang*

**Saturday 12:00 - 3:00 pm**

**Happy Hips**

**Suitable for all types of practitioners**  
How can we navigate the journey of opening our hips with grace and an investigative mind? In this workshop, we'll delve into the world of hip openers with partner assisted exercises, breath and awareness.

**Saturday 3:30 - 5:30 pm**

**Q & A - Yoga Therapy**

**Suitable for all types of practitioners**  
How can we give longevity to our practice? What parts of our practice limit or hold us back? Bring your questions to this Q & A session.

**Sunday 9:00 - 11:00 am**

**Led Primary Series**

**Suitable for Ashtanga practitioners**  
Uncover the power of Yoga Chikitsa, yoga therapy in this led primary series counted class. Experience the power of Vinyasa.



**June 1, 2 & 3, 2018**

**Cost: \$250**

**Friday - 6:00 - 9:00 pm**

**How to create a practice for your lifetime**

**Suitable for all practitioners who practice Sun Salutations/Surya Namaskara**

Return to the roots of yoga to re-establish the key parts of longevity in your practice and buoyancy through breath and bandha. See the possibilities for lightness in the fluid movements of Surya Namaskara.

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