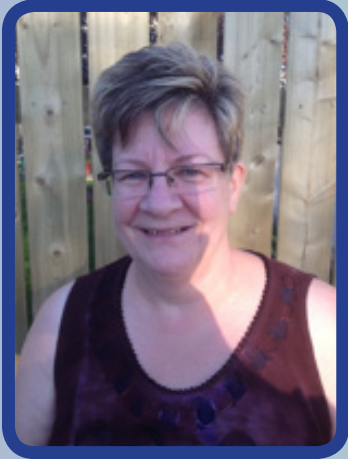


Yoga of the Old Masters: Nakamura & Wada Systems of Yoga



Sun March 11, 2018

9am - 12noon

Cost \$50 (\$45 members)

Dorothy Robinson

Experience the Japanese systems of **Nakamura, Wada and Okido** exercises in this workshop. Facial and pounding exercises from the Nakamura system, the figuring exercises from the Wada system and healing exercises from the Okido system will be practiced.

The benefits include:

- ✕ stimulation of the lymph nodes to rid the body of toxins
- ✕ toning muscles and
- ✕ a feeling of well being.

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 . yogafortoday.ca

