

Explore the deeper aspects of yoga through
*Breath Awareness,
Meditation & Asana*

To deepen the practice of Yoga is to simply practice the meaning of the word YOGA, joining.

**By joining there is no separation – “The Wholeness”
one with breath, body, mind and spirit.**

While practicing asana, Julie invites students to become aware of the whole body; hands, fingers, feet and toes. Cultivating attention to specific sensations in the body requires strong and focussed concentration to help withstand the interruptions of thoughts.

Experience in these 3 hours a one-ness with breath, body/mind, and energy (chi) all within an expansive field of Awareness in a way that only Julie can facilitate.

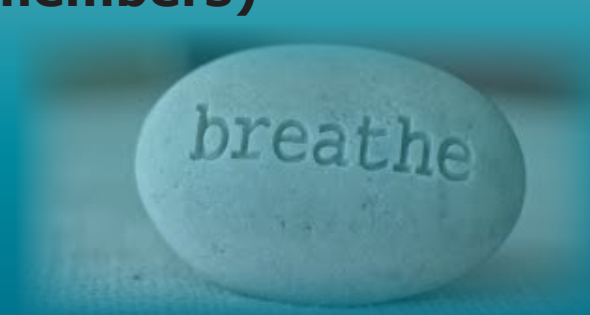
October 13, 2018

12:30 - 3:30pm

Cost - \$50 (\$45 members)



With Julie Jeong



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