

A Purna Yoga Meditation Workshop



Welcome to an introduction to the basics of Purna Yoga meditation. Learn to connect to and open the heart center, the source of true wisdom and love in the body, using simple meditation techniques. This workshop is suitable for all levels of experience. Everyone is welcome. Enjoy the feeling of peacefulness and restoration that comes with connecting to the spirit.

Sun. Sept. 19

6:30-8:30pm

\$35.00

'Yoga for the Office' Workshop

Do you sit for long hours at a desk at home or in the office? Feeling tense and stiff after working at the computer? This workshop is for you. Learn simple stretches for the neck, shoulders and wrists to release tension and encourage mobility. Also learn stretches for the back, and exercises to keep the spine limber. All of these stretches can be done either at the desk or in the office. Last but not least, learn a practical meditation technique to center and calm the mind. Say goodbye to tension and hello to freedom and joy!

Sun. Oct. 24

6:30-8:30

\$35.00

Teacher: Cassie McColl is a Certified Purna Yoga Instructor with the College of Purna Yoga in Bellevue, Washington. Cassie has an undergraduate degree in Honors Physiology (2002) from the University of Alberta.

Star of the North Retreat Centre

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www.starofthenorth.ca