REACTIVATE & RENEW

JANUARY PRACTICE WEEKEND
WITH SHARONI & DE

Join us for an inspiring weekend of focused practice, exploration and learning. **Practitioners of all levels are welcome to share in this opportunity to deepen their practice and renew their connection to yoga**.

Through opening work, traditional asana, pranayama and philosophy, we will explore thoughtfully developed sequences that progressively release tension, awaken the body and calm and balance the nervous system.

Together, we will explore the transformative possibilities of practice, cultivating greater freedom, vitality and awareness throughout the body and mind.



FRIDAY, JANUARY 29
6:00pm-8:00pm

SATURDAY, JANUARY 30
8:00am-10:30am & 11:30am-1:30pm

SUNDAY, JANUARY 31
8:00am-10:30am & 11:30am-1:30pm



LOCATION
The Chapel Hall, 20 Chapel Street, Nanaimo

COST
$200 plus gst

REGISTER
Contact De directly at info@yogad.ca
or www.yogad.ca



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