



# Mindfulness Yoga & Meditation



10 Wednesdays: **January 8 – March 11, 2020**

Times: **7-8:15 pm**

Location: **Exshaw Community Hall**

Instructor: **Cindy Kelly, 200 YTT, Kinesiologist**

Fee: **\$110 + GST** for 10-weeks      Drop-In Fee: **\$15**

Registration Deadline: **Thursday January 2, 2020** *Minimum 6 registrations to run*

**Register at the MD office or email your registration to [reception@mdbighorn.ca](mailto:reception@mdbighorn.ca)**

Vinyasa Yoga is a form of yoga that links the breath, movement, and poses together. The Sanskrit word, "Vinyasa," has a variety of meanings; but the most common reference is to the connection between breath and movement. Vinyasa is sometimes referred to as Flow Yoga, reflecting the emphasis on the movement, or ebb and flow, between poses. Slow Flow Yoga is not restricted to beginners. All levels of Yoga practitioners can find their personal challenges, as they slowly and mindfully move through sequences. The pace may be slower, but challenges will be present with difficulties to work through.

This practice will cultivate calmness and concentration while getting deeper into the tissues, allowing deep release of tension and stress. Restorative (prop based) and yin (longer held) postures are integrated into this class along with mindfulness, breath technique practice and meditation.

Suitable for anyone looking to relax, de-stress and release while improving strength and flexibility. All levels are welcome from beginner to more experienced practitioners.

With an extensive background in kinesiology, Cindy strives to make the mind and body benefits of yoga accessible to everyone!

Arrive a few minutes early, we will begin on time. Bring a blanket, yoga mat and personal props. If you don't have these, we have extras!!

*Thanks to the TaeKwonDo class we now have additional floor mats to put under & around your yoga mat to insulate you from the cool floor.*

Registration information and methods at:

[www.mdbighorn.ca/327/Fitness-Recreation-Classes](http://www.mdbighorn.ca/327/Fitness-Recreation-Classes)