



Yoga with Nadine Schwager

August 2011

AUGUST SCHEDULE

The August schedule has been posted at <http://www.nadinesyoga.ca/classes.html>. Outdoor classes will be offered by request through August (in local parks). Also note that the studio is closed July 31 to August 4.

Spotlight on: Pranayama

Pranayama, the Yoga of breath, is one of the eight limbs of Yoga. There are many breathing practices we can do that help to quiet our mind, relax our body, balance our energy, and more. They include Breath of Fire (Kapalabhati), Alternate Nostril Breathing (Nadi Shodhana), Ujjayi, Bhastrika and Three Part Breath (Dirgha).

How does Pranayama help our Asana (Yoga pose) practice? During our Asana practice we want to connect our breath and our movements as well as our breath and our stillness. Pranayama provides us with a chance to develop this skill.



Link: Yoga's Greater Truth

"A scholar embarks on a quest to trace the roots of his yoga practice back to their source. What he finds confounds and unsettles him, and, ultimately, provides him with a glimpse of yoga's greater truth. "

<http://www.yogajournal.com/wisdom/2610>

Vancouver Yoga Conference

If you've never been to a Yoga Conference, I encourage you to consider attending this years conference. YOGA, The Conference and Show, is held in Vancouver Nov 4-6, 2011. There are classes for all levels. There are physical classes and philosophical classes. Most classes are 2 hr long with some 6 hr intensives. You can choose to take anywhere from 2 hours of classes to 26 hours. The faculty is a broad range of experienced instructors with a variety of different approaches. Are you ready to stretch your ideas about Yoga?

<http://www.theyogaconference.com/>



Come see what Yoga can do for you!

Full Figure Yoga • Easy Does It Yoga • Hatha Flow Yoga • Meditation • Family Yoga • Yin Yoga

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