



# Nadine's Yoga February 2012

## February Schedule with new combo classes!

The February schedule has been posted at <http://www.nadinesyoga.ca/classes.html>. The schedule includes new combination classes throughout the week. A great way to combine two of your favorite classes or try something new!

### Ask a Question

#### How should I breathe during Yoga asana practice?

Number one: Remember to breathe! As long as you do that I'm pretty happy.

To bring your focus from external (things around you) to internal (what's happening in your body), breathe in and out through your nose. This helps to keep your focus inward as well as helps to generate heat in your body.

Noticing a lot of tension at some point? Take a few cleansing breaths (in through the nose, out through the mouth) to help dissolve the tension.



### Where did the Flow go?

If you visit my website for class descriptions you will notice that the Hatha Flow class has simply become Hatha Yoga. Where did the Flow go? The class hasn't changed, but I've recognized that some people may think this is more of a Flow (Vinyasa) class than it is. Since it is really a gentle Hatha practice (with some small flow components), I have changed the name to better reflect the class as it is currently taught.



### Favorite Yoga Books

Have you been enjoying the recent Yoga philosophy readings? I find this book great for opening me up to new ways of looking at various situations and thought patterns:

*Yamas and Niyamas* by Deborah Adele

[Click here for the book's website](#)

Come see what Yoga can do for you!

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