



Yoga with Nadine Schwager

November 2011

Class Schedule & Restorative Yoga

The November schedule has been posted at <http://www.nadinesyoga.ca/classes.html>. Restorative Yoga classes start in November. This relaxing practice is a way to release fatigue and stress from the body. Let the tension melt away as you let yourself completely relax.

Ask a Question

Do I just keep taking the same class or should I be moving to a more advanced class? The choice is yours, but realize that taking the same class does not mean that you have the same experience each time. You can take the same Yoga class for years because you will continue to advance in your own poses as your body's flexibility and strength changes. There are advanced poses you can explore but you can also explore the depths of the basic poses by bringing different focuses to your practice including breath and subtle movements.



Eightfold Path of Yoga

The Eightfold Path of Yoga can be found here: <http://www.nadinesyoga.ca/yoga.html#Eightfold>. If you are interested in the larger practice of Yoga, you could look at exploring one of these limbs further. Ideas? Take a [meditation class](#). Read Deborah Adele's book [The Yamas & Niyamas](#). Expand your Asana (physical poses) practice by either trying different practices or developing a home practice. Practice breath exercises (Pranayama). Explore what you are drawn towards.

Newsy Jacuzzi

If you haven't seen it yet, check out my interview with Newsy Jacuzzi (interview in a hot tub!): [Interview at Newsy Jacuzzi](#)



Link: A Good Read

Curious about all that yoga has to offer? Get off your mat and cozy up with a good yoga book! <http://www.yogajournal.com/wisdom/2594>



Come see what Yoga can do for you!

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