



# Yoga with Nadine Schwager

## October 2011

### CLASSES IN CEDAR

The October schedule has been posted at <http://www.nadinesyoga.ca/classes.html>. If you know someone in Cedar, let them know that classes are now available at Cedar Community Hall. Class information available at <http://www.rdn.bc.ca/cms.asp?wpID=2226>.

### Ask a Question

**What Yoga poses should I do at home?** There are plenty of good resources out there in the form of Yoga books, Yoga DVDs or online content that you can use as a resource for a home practice. In addition, the best tool you have is your intuition regarding what poses your body wants. I do suggest the following to most students for a basic home practice (example poses in brackets):  
Balance pose (tree), forward bend (standing forward bend), backward bend (sphinx), spinal twist (seated twist), hip opener (pigeon). Finish your home practice with at least 5 minutes of relaxation.



### Pet + Pose 2012: LAS Calendar

Ladybird Animal Sanctuary (LAS) has created a great calendar of Yogis and their pets. This is a fundraiser for the animal rescue work that LAS does. Check out the calendar: <http://ladybirdanimalsanctuary.com/?p=1439>. I will be placing a bulk order of calendars. So if you would like to order through me, let me know by October 15 and I will place my order then. Minimum donation: \$20.

### Guru Ram Das Mantra

If you enjoyed the mantra we chanted during the 1<sup>st</sup> week of October, it is from Nirinjan Kaur's album *Aquarian*. Available on iTunes or [www.spiritvoyage.com](http://www.spiritvoyage.com).

### Link: Love in Full Bloom

Nothing could be sweeter than to bask in unconditional love. Why not ensure its continuous presence in your life?

<http://www.yogajournal.com/wisdom/2601>



Come see what Yoga can do for you!

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