

BEYOND YOGA ADVENTURES



Spring Guided Meditation

6 week session - March 21st - April 25th

Mondays 7am-8am

Canmore Health & Wellness Centre

Looking for a fresh start to spring this year? This regular guided meditation practice will allow you to gain strength from the group and be better prepared to continue a personal practice.

\$55 + GST

Breathing Basics - For Athletes

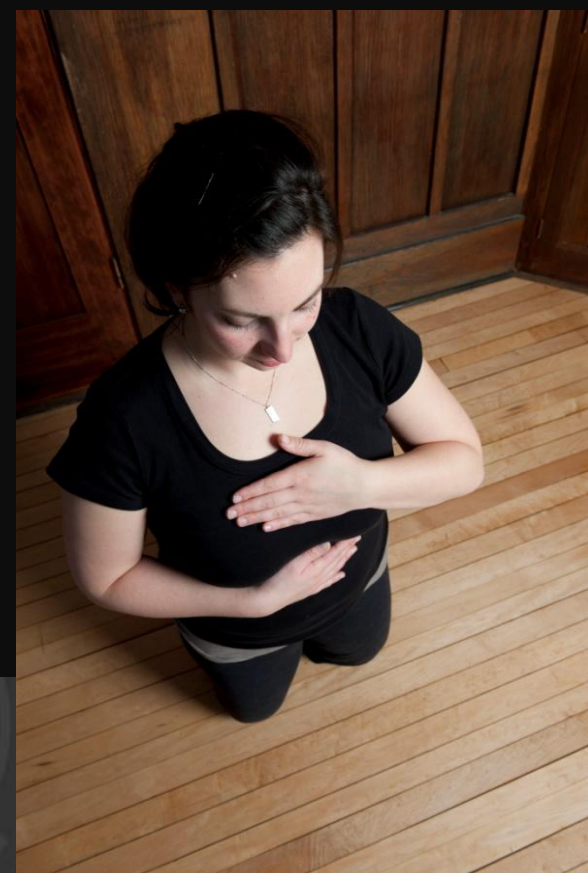
Wednesday, March 23rd

6:30pm-8:30pm

Canmore Health & Wellness Centre

This workshop is designed for athletes looking to increase their performance. The goal of the workshop is to increase awareness of your breath and learn how to use different breathing techniques while on a run, ski, or in preparation for race day.

\$40 + GST



Return to Natural Breath

Saturday, March 26th

8:30am-5:00pm

Canmore Health & Wellness Centre

Healthy breathing is essential for our bodies and minds.

This will be a personal discovery into your unique breathing patterns and how to encourage your natural breath. By the end of the workshop you will be able to identify your current breathing patterns and be able to apply different breathing techniques in every day situations.

Breathe naturally again.

\$110 + GST

To register please call 403.609.3367 or email beyondyoga@live.com

Check out upcoming workshops and retreats on www.beyondyogaadventures.com