

CHINOOKYOGA

May 2010



Welcome to the first Chinook Yoga Studio Newsletter!

Spring is finally in full swing and we have lots of exciting yoga and meditation events coming to the studio and Prince George over the next few months. More details can be found on our website, www.chinookyoga.com. Mark your calendars!



May 8: Neck, Shoulders and Hips Yoga with Mugs McConnell. 9:00-4:00 \$85 + GST

May 16: Yoga for Runners with Jaylene Paivarinta. 1:00-4:00 \$50

June 21: OM Appétit, A Summer Solstice Celebration with Carla Wainwright. 6:00-10:00 pm
Includes yoga and gourmet vegetarian Thai meal at the Raven Haven. \$85

June 26: Exploring Shoulderstand with Carla Wainwright. 1:00-4:00 \$50

July 8: Free Intro Talk on Meditation and what is Esoteric Dharma with Paul Kendall. 7:00-8:30

July 9: Intro to Treasure Vase Dharma Practice with Paul Kendall. 7:00-8:00 includes CD \$36

July 10: Intro to Calming and Relaxing with Paul Kendall. 10:00-11:30 am, includes CD \$36

July 10: Medicine Buddha Dharma with Paul Kendall. 1:00-5:00 pm \$300

August 27-29: Open Your Heart with Yoga: A Summer Retreat with Carla Wainwright in Wells, BC

Classes Teacher Training

We are also now offering a new early morning class, **Espresso Yoga** with Jeff Lutes. This new punch card class will begin May 25th and will be held on Tuesday mornings from 6:45-8:00 am. Talk about a great way to start your day!

Our full class schedule will continue through to the end of June. Our reduced summer schedule will run from July through August. We will still be offering lots of great classes all summer.



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OM AH HUM VAJRA GURU PADMA SIDDHI HUM

"My inner Guru, seated within, is a healing thunderbolt of light, showing me my perfect self."

This is the mantra of all the buddhas, masters and realized beings, and is uniquely powerful for peace, healing, transformation and protection. Recite the mantra with deep attention, and let your breath, the mantra and your awareness slowly become one. Then rest in the profound silence that sometimes follows.



Are you interested in becoming a **yoga teacher**? There are lots of different training options from 200 hour Intensives, 300 hour upgrade Intensives and the longer 500 hour program. Please visit: www.yogaessentials.com/yogateachertraining.html for more details or talk to Carla.

Sarvangasana ~ Shoulderstand

This posture stimulates and rejuvenates your entire body. In this exercise, you build up both power and a new structure in your back and you relax tension in well-known stress areas like the neck and the lower back. Sarvangasana also stimulates the thyroid gland and is good for blood circulation in the chest, shoulders, upper back and the neck.

