

Gentle Chair Yoga

June 23rd, 2020

10:00-11:30

Yoga is often translated to mean union and the practices of deliberate breathing (pranayama), physical postures (asana), and meditation may allow us to cultivate a compassionate curiosity (mindfulness) towards our experiences, thoughts, emotions and sensations thereby reducing stress, unraveling tension, and reclaiming the body.



Learning Objectives:

Participants will

- learn gentle chair-based yoga postures for easing tension and restoring mobility
- Learn breathing techniques for anchoring and calming the mind.
- Learn simple meditation practice for increasing focus and insight

Speaker:

Michele Theoret

Owner Empowered U: Yoga and Counselling

Master of Science Natural Health

Master of Arts Counselling Psychology

Mental Health Therapist (CCC)

Yoga Therapist

Experience working with indigenous in an integrative and collaborative way as both a yoga teacher and therapist.



Target Audience
All are welcome



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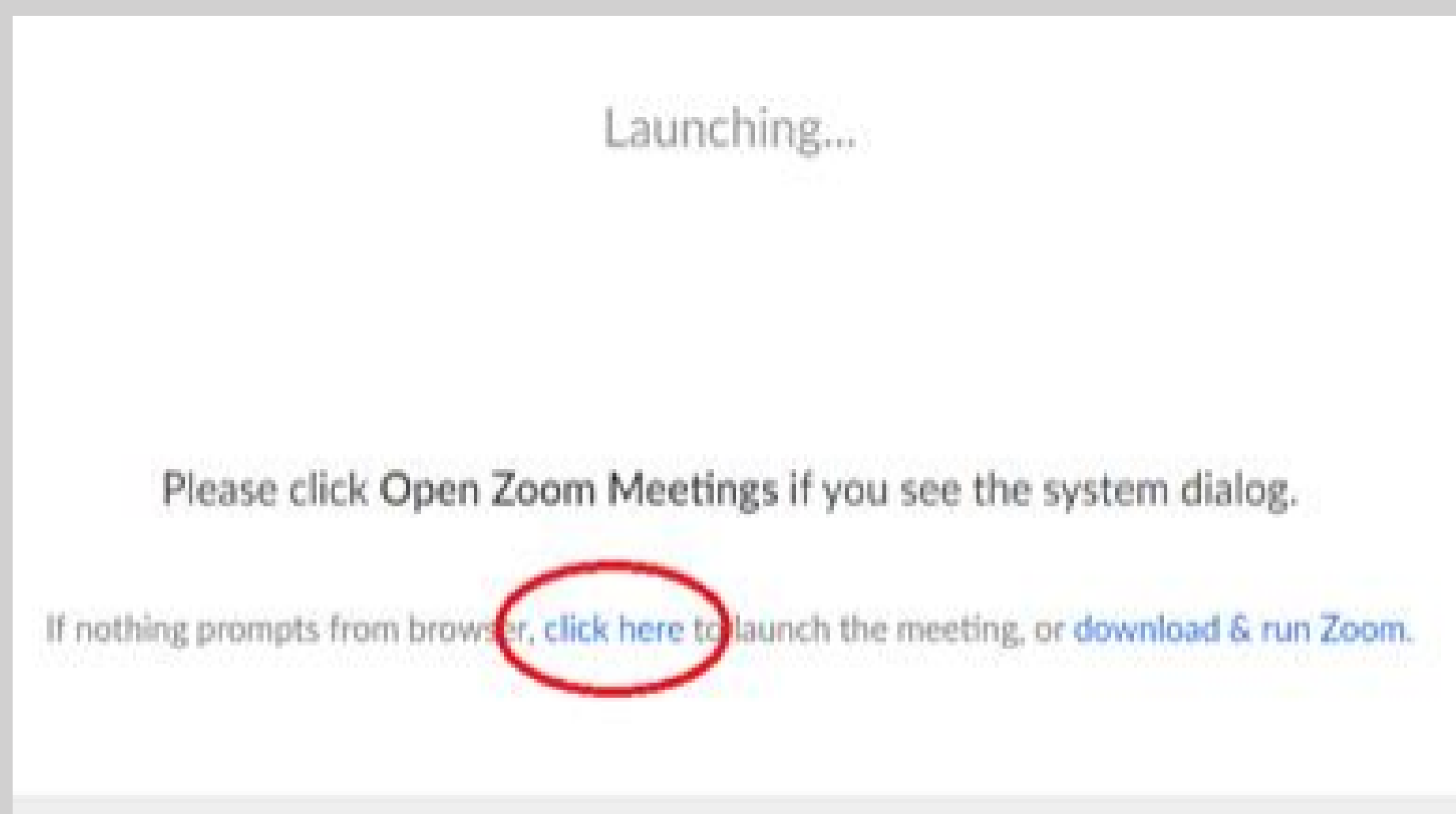
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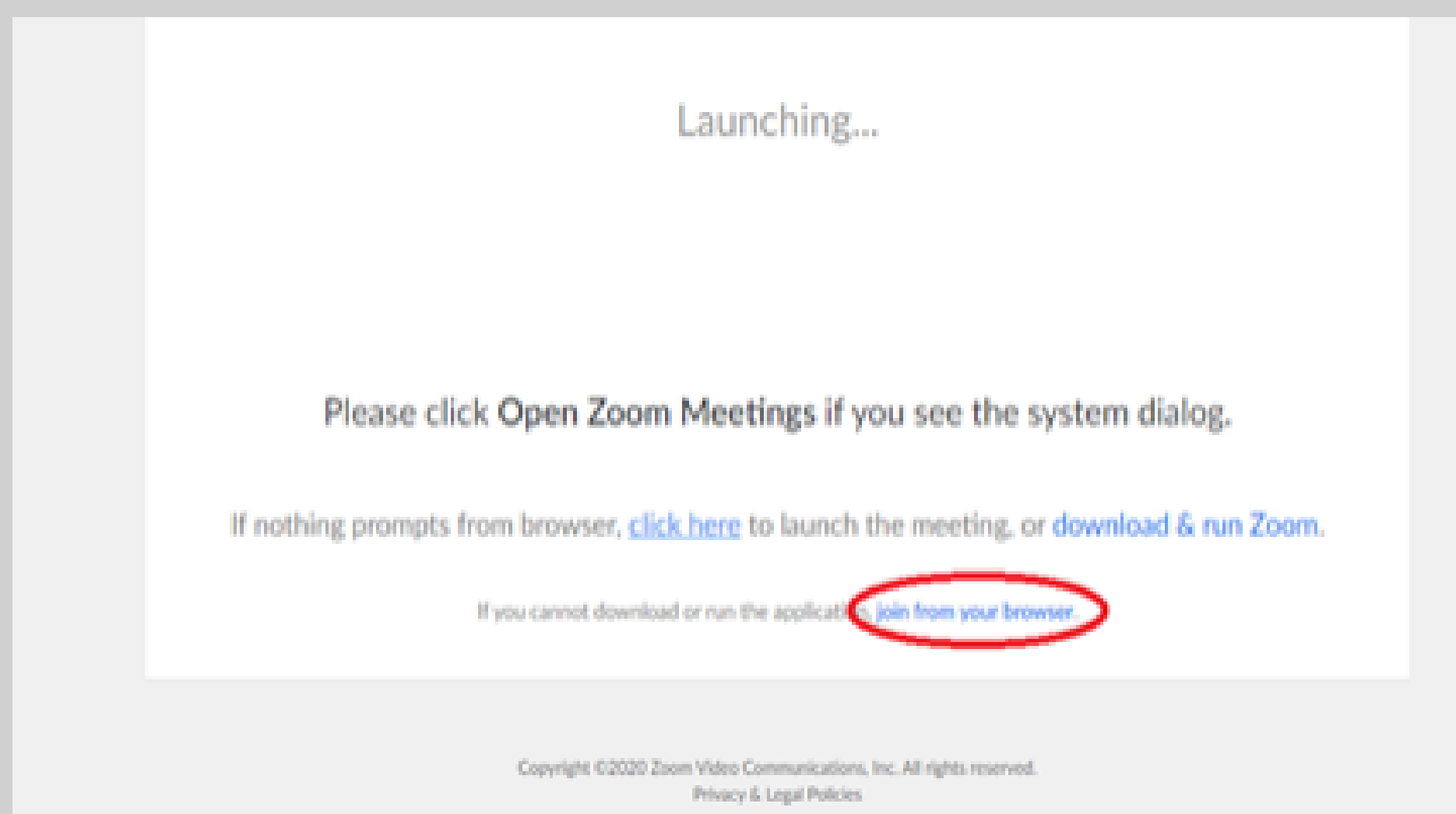
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