



CENTERPOINT
 YOGA THERAPY
LEILA STUART, RMT

Breathe Calmly. Move with Ease. Heal Yourself.

September 13-November 25, 2017 (11 classes \$275)

Wednesdays	10:00am - 12:00pm	Introductory Therapeutic Yoga with Janine
Wednesdays	6:30 pm - 8:30 pm	Introductory Therapeutic Yoga with Janine
Thursdays	10:00am - 12:00pm	Introductory Therapeutic Yoga with Leila
Thursdays	6:30 pm - 8:30 pm	Ongoing Therapeutic Yoga with Leila
Saturdays	10:00 am - 11:30am	Semi-privates with Janine (Apr. 29- May 20 \$300)

Therapeutic Yoga

Research proves that yoga therapy benefits a wide variety of medical conditions, including: chronic pain, stiffness/inflexibility, back pain, headaches, fibromyalgia, anxiety, depression, cancer, and arthritis.

Learn to heal yourself with gentle movement, breath, and meditation. Practice techniques to re-pattern dysfunctional alignment, breath, and mind habits.

Ongoing classes are for those with some yoga experience who want to achieve more profound results.

Semi-private classes are tailored for those with more complex medical needs.

Leila Stuart, BA, LLB, RMT, has 25+ years experience as a Registered Massage Therapist, Yoga Therapist and teacher. She integrates diverse movement therapies, yoga practices and mindfulness techniques into a unique and highly effective method of yoga therapy that can improve all aspects of health and well-being.

Janine Naman is an experienced yoga teacher, massage practitioner and graduate of Leila's yoga therapy training. She is committed to making yoga accessible to everyone.

A non-refundable deposit of \$50 is required to reserve your space. Please make the cheque out to Leila Stuart, and mail to the address below. Register early as classes fill quickly!

Name _____
 Address _____
 Phone _____
 Email _____
 Day/time _____
 Payment _____



Centerpoint Yoga Therapy
 15600 Cliff Avenue, White Rock, BC V4B 1V9
 T: 604-536-7894
 E: leila-yoga@shaw.ca
 www.centerpointyogatherapy.com