



**CENTERPOINT**  
 YOGA THERAPY  
**LEILA STUART, RMT**

**Breathe Calmly. Move with Ease. Heal Yourself.**

*January 9 to March 21, 2019 (11 classes \$275)*

<b>Wednesdays</b>	10:00am - 12:00pm	Introductory Therapeutic Yoga with Janine
<b>Wednesdays</b>	6:30 pm - 8:30 pm	Introductory Therapeutic Yoga with Janine
<b>Thursdays</b>	10:00am - 12:00pm	Introductory Therapeutic Yoga with Susanne
<b>Thursdays</b>	6:30 pm - 8:30 pm	Ongoing Therapeutic Yoga with Janine

**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.

**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.leilastuart.com