



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

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

*September 15-November 25, 2021 (11 classes C\$286)*

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

**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. Calm your mind and emotions.

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

**Leila Stuart**, BA, LLB, RMT, has 30+ 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. She has authored 2 books and teaches internationally.

**Janine Naman** is an experienced yoga teacher, massage practitioner, healer 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. Fees include a \$10 Covid 19 surcharge. Please make the cheque out to Centerpoint Yoga Therapy Studio, and mail to the address below. Etransfers to [ls@leilastuart.com](mailto:ls@leilastuart.com) Register early as classes fill quickly.



Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Day/time \_\_\_\_\_  
 Payment \_\_\_\_\_

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