



Breathe Calmly. Move with Ease. Heal Yourself.

September 10-November 11, 2024 (11 classes CDN \$286)

Tuesdays	10:00am - 12:00pm	Introductory Therapeutic Yoga with Leila in studio
Wednesdays	10:00am - 12:00pm	Introductory Therapeutic Yoga with Janine online
Thursdays	10:00am - 12:00pm	Introductory Therapeutic Yoga with Leila online
Thursdays	6:30 pm - 8:30 pm	Ongoing Therapeutic Yoga with Leila online

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. Relax your body and calm your mind and emotions.

Ongoing classes are for those with some yoga experience who want to achieve more profound results, or for beginners after consulting with Leila.

Leila Stuart, BA, LLB, RMT (retired), has 30 + years experience as a 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 two books and teaches internationally.

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 included in the full fee amount). Payment may be made by e-transfer (or PayPal for international students) to ls@leilastuart.com or by cheque made out to Centerpoint Yoga Therapy Studio, mailed to the address below. Register early as classes fill quickly!

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

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