



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

*April 15-June 26, 2025 (11 classes CDN \$286)*

<b>Tuesdays</b>	10:00am - 12:00pm	Introductory Therapeutic Yoga with Leila <b>in studio</b>
<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. 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, healer, and graduate of Leila's yoga therapy training. She is committed to making yoga accessible to everyone.

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**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](mailto: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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