

Welcome to the DRU YOGA Winter Series

“THE ENERGY OF WINTER IS THAT OF HIDDEN POTENTIAL AND THE PROMISE OF THE FUTURE.

Winter is a time for being still and for nurturing yourself. It is also a time to be introspective and to reflect on the meaning of life and the direction it should take.”

quote from: “Dru Yoga for all Seasons” by Padma McIntyre & Helen Waters

These Dru Yoga sessions are designed to support and enhance the energy of winter by focusing on building inner and outer strength and courage. The movements will replenish your resources, allowing you to move fearlessly in to the future.

We begin each session with gentle activations and body preps. The series will include an Energy Block Release Sequence unique to Dru, known as the "Heart Awakener". Also, traditional yogic postures and breath work, a beautiful Inner Fire Sequence to warm up your days and nights, and a final restorative relaxation.

DRU YOGA IS THERAPEUTIC AND AVAILABLE FOR EVERY ONE WHETHER BEGINNER OR SEASONED YOGA PRACTITIONER, ALL AGES AND FITNESS LEVELS.

Where: Shanti Wellness, #19 – 219 Main Street, Penticton, BC

When: Wednesdays from January 13th until March 24th

Time: 5 - 6:30 PM

Cost: \$150.00 for 10 sessions; drop-ins: \$18.00 per session

Certified Dru Yoga Instructor: Cindi Tomochko

Please Pre-Register by contacting Cindi at: 250.276.5308 or ctomochko@gmail.com

What you will need to bring: a mat, blanket, loose comfortable clothing and water to drink.

HAPPY NEW YEAR

may blessings abound for 2010!!

