

Fall 2015

Yoga

for all bodies

with Natalie Fraser

Let's Have a Ball Tuesdays
3:35 PM to 4:45

November 3 to December 15

Yanumojā Wednesday Mornings
8:00 AM to 9:15

November 4 to December 16

Priced for wellness*
\$90 for seven weeks
\$15 for drop-ins

Let's Have a Ball Tuesdays

This is a luxurious, restorative yoga and self-massage class. Using balls, we will release deep knots in the body and break up the cobwebs (fascia) around our muscles and organs. This class will offer a new option for self-care and pain release. We will approach the body as a living archeological dig, probing layers of muscle, tendons, connective tissues and joints, and excavating unhealthy tension patterns to help restore mental and physical balance back into the body.

Yanumojā Wednesday Mornings

The word Yanumojā has two roots. *Yan* is a word that refers to channeling and focusing and *umojā* is a Kiswahili word that means unity, or to stand united. Yoga is both an action — as in bringing something together — and a state of being — being in oneness. Yanumojā Yoga is the channeling and focusing of energy toward union to culminate in a state of wholeness or oneness.

Yanumojā yoga has come from the vision, creativity and experiences of Nikki Manzie as she began to work with people in therapeutic ways in her yoga classes.

In the practice of Yanumojā Yoga, we use the exploration of themes. Through reflection on various concepts combined with breath, movement, visualization, sensory focus, stillness, and meditation we explore the energy, shapes and sensations that describe who we are moment to moment.

Working with Tantric philosophy, we recognize that “What is here is elsewhere; what is not here is nowhere.” What we find and experience within ourselves is also found in the world around us, and all that we find in nature and through life will also be found within us. From this place, Yanumojā Yoga holds the intent to harmonize with, embrace and maintain an awareness of our true nature while fully engaging with life. In so doing, we are restored to a state of balance and well-being, and ultimately, we find the bliss of simply being who we truly are.

***Want to try a yoga class but not sure about it?**
Give me a call for a free trial class.

Centre Yoga Aylmer - 142 Frank Robinson

Register at 613-784-9309 or email frasernatalie@yahoo.ca. For more information visit www.moment-m.ca