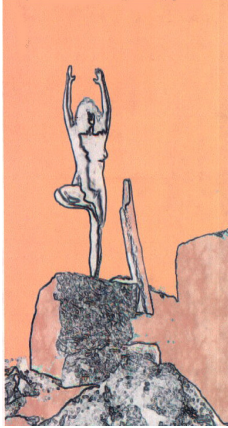


**Fall 2011**

## **Yoga Classes at Tikkun Yoga Centre**



**Small Classes**

**Restorative Yoga**

**Yoga for Couples Courses**

**Individual Sessions**

**Yoga Retreats**

**Teacher Training**

Tikkun is the Hebrew word meaning to heal, mend or repair.

*The Tikkun Yoga Centre offers ancient practices for modern times*

### **Restorative Yoga** **Healing Through Breath and Stillness**

Enjoy a gentle yoga class, which focuses on simple supported yoga postures, breathing techniques, chanting and yoga mudras (hand gestures) which are designed to reduce **STRESS** and promote healing. The practice of restorative yoga rejuvenates the body, mind and spirit.

**Thursday Evenings**  
**7:00 PM- 8:30 PM**

**September 15 - December 8, 2011**  
**Fee: \$ 253.00**

**No class September 29th and November 10th**

### **Yoga for Woman** **Playing Your Edge**

Join a 2-hour yoga class with a community of women wanting to explore a variety of yoga traditions, asanas (postures), breath work (pranayama), meditation techniques, yoga mudras (hand gestures), chanting and Jewish spiritual practices.

**Monday Mornings**  
**8:45 AM - 10:45 AM**

**September 12 - December 12, 2011**

**Fee: \$312.00**

**No classes October 10th and November 7th**

**Policy: payments, class make-up's, refunds.**

- ◆ **50% deposit required to hold a space. (Refundable only if spot can be filled, plus a \$50.00 admin fee).**
- ◆ **Drop ins and make-up classes are on a space available basis.**
- ◆ **Make-up classes must be completed in current session.**
- ◆ **Restorative drop in rate - \$25.00 Monday morning drop in rate is \$28.00.**

**Instructor: Evelyn Neaman Phone 604-537-0798**

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**www.tikkunyoga.com**