



NEWSLETTER

Yin Yoga *with* Reiki

Sunday's at 12pm with Jasna Res



Yin yoga is a balancing practice for your faster paced Yang style of yoga. Yin Yoga's intention is to release the connective tissues of the hips, pelvis and lower spine and targets the joints not the muscles. A Yin practice is predominately done in a seated, supine or prone position. Asanas are held for a longer period of time in order to get deeper into the bodies fascial networks. Reiki supplies Ki, dissolves blockages of Ki, and has a calming and relaxing effect. Reiki supports the natural self-healing processes. Please come and join Jasna for a calming and nourishing practice on Sunday's at noon.

DON'T FORGET TO CHECK US OUT OF FACEBOOK AND TWITTER!

On Facebook, please "like" our page Hot Yoga @ Sun Yoga

On Twitter, follow us at Sun Yoga Oakville

A Moving Meditation with Natalee

When Jasna asked me to write this testimonial I felt honored and then, I felt anxious just thinking "what a challenging request!" Soon I realized that as in life, the answer was in the way I approach my yoga practice, face the challenge, and be strong and firm, but patient.

I was given the gift of yoga a little more than a year ago; and it was my moment to receive it. I learned so many things about my body and my mind that I could not understand before. I learned that you need to listen to your body in order to be strong, but that strength is not only physical but mental as well as spiritual.

To say that about 2 years ago my life was not at a place where I thought it would be is an understatement. However, I was fortunate enough to discover that sometimes life does not go as planned; thanks to yoga I now understand that it is OK when life throws you a curve ball, because even when you have done a pose before, the best way to come into a pose is as if it is your first time. In addition, I understood that it was OK not to have expectations, because sometimes challenges arise from within, and thus are self-imposed. After the first few practices I started to realize that everyone was so into themselves that no one was looking at me, let alone judging me. This is something that I brought into my daily life. What an amazing thing to dedicate an hour to yourself without judgment or criticism! Moreover, I understood that listening to my body also means paying attention to what is happening physically. That is why I decided to lose weight and get healthier; both by exercising more, and eating better. It was not a matter of vanity, but of being healthy inside and out; though I will not deny the fact that it is much easier to twist!

I love going to Sun Yoga, I admit that about a year ago I went to another studio in Toronto, but I found myself comparing it to Sun Yoga; there and then and without a doubt I decided that the studio for my practice is Sun Yoga. One of the many things that I love about the studio is its environment; but above all I love the people, both the instructors with their helpful comments, attitude, and the way they make my family and I feel welcome, as well as the fellow practitioners and their amazing energy. *Happy Yoga, Natalee*



Exchange Opportunity

Our Energy Exchange Program offers unlimited yoga in exchange for a few hours of your time. Do you Tweet? Are you active on Facebook? Want to dabble in Social Media Management? We are currently looking for someone to help us engage with our community.

Expired Passes

Sun Yoga class passes currently expire after one year. However, if you currently have passes that are expired or are about to expire we are extending your opportunity to use them until December 31st, 2011!



New Class

Thursday at 9:30am

Ashtanga *with* Kimberley