

## YOGA

Yoga is a holistic path of self development which originated in India thousands of years ago. The universality of its teachings makes Yoga a timeless discipline that can enhance the quality of our lives, regardless of age, gender, faith or physical condition. The word Yoga comes from the Sanskrit root yuj, meaning to yoke, to unite. The energy based techniques of Yoga bring healing and integration to the physical, emotional, mental and spiritual aspects of our being.

The many benefits of Yoga practice include: release of tension; flexibility and freedom of movement; increased energy flow and breath capacity; physical and inner strength; deep states of relaxation; clarity of mind and openness of heart.

The eight fold path described in the classical Yoga Sutras of Patanjali cultivates awareness at all levels, gradually taking the sincere practitioner to Self-Realization.

The vision of Yoga is a vision of the oneness of all beings connected to the Source of all.

### TO REGISTER:

#### *Pre-registration is necessary*

To secure a space please send your full payment or a 50% deposit to: *(Balance due on first class)*

#### **Lilian Bianchi**

2424 Heather Street, Duncan, B.C. V9L2Z3

All prices include GST

Cheques payable to *Lilian Bianchi*. Email money transfers also accepted. Missed classes can be made up only in current session.

Cancellation Policy: If the class is not suitable, a pro-rated refund of credit must be requested before the second class.



Lilian Bianchi has been teaching Yoga since 1982. She first became involved with Yoga in her early teens. She has received certification from Master Vayuananda (Rio de Janeiro) in 1982 and from Sandra Sammartino (White Rock) in 1996. Certified by Sandra as a Yoga Teacher Trainer (2004), Lilian is registered with the Canadian Yoga Alliance as a RYT Gold, she is also an honorary member of the International Federation of Yoga. Lilian's background includes a degree in History, the study of music and languages, as well as an in-depth exploration of various holistic practices such as creative movement, bodywork and body oriented psychotherapy. In her classes, Lilian provides a nurturing and encouraging atmosphere for students from all walks of life to experience the healing benefits of Yoga.

In addition to her regular classes, Lilian offers Yoga for clients with mental health and addiction issues at private settings.

Lilian has been living and teaching in the Cowichan Valley since 1996.



# YOGA

with

## Lilian Bianchi

Honouring Body, Mind and Spirit

~ Namaste ~

The gesture of joining the hands together in front of the heart is a classical East-Indian salutation. It acknowledges the common essence of all beings, honouring the oneness of life.

# FALL 2019

## CLASS DESCRIPTIONS

### Beginners:

This class teaches you the foundation and proper alignment for a healthy practice. Through stretches and beginning yoga postures (asanas) emphasis will be placed on developing body awareness, breath awareness and relaxation. Experienced beginners and new beginners welcome to this class.

### Intermediate Level:

This class teaches you new postures and simple breathing practices that will further develop your flexibility, strength, stamina and fluidity of movement.

### Ongoing Level:

For those with consistent Yoga experience who wish to deepen and refine their practice. This class will introduce more advanced postures such as inversions and backbends.

### Gentle Yoga:

Postures will be adapted to the needs of those with limited mobility. Enhance your breathing capacity and ability to relax as you enjoy this gentle yet invigorating class. Includes body rolling techniques with balls.


### Restorative Yoga:

In these classes you will practice passive supported poses, using bolsters, chairs, blankets and cushions. Each pose is held comfortably for a few minutes with awareness of breath. Highly nourishing and restorative for the nervous system, this practice is conducive to a state of deep relaxation and connection to Self. Body rolling techniques with balls and sound healing (chanting and singing bowls) also included. All levels welcome.

### Breathing and Meditation:

A class exploring breathing practices (pranayama) and meditation (dhyana), in the context of the 8 limbs of Yoga described in the Yoga Sutras of Patanjali.

## FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	AM	AM	AM			
<b>Gentle Yoga</b> 11 weeks \$176 Sept. 9 to Nov. 25 9:30 to 11:00 ♥ No Class Oct. 14th	<b>Breathing &amp; Meditation</b> 7 weeks \$91 Sept. 10 to Oct. 22 9:30 to 10:45 ♥	<b>Gentle Yoga</b> 12 weeks \$192 Sept. 11 to Nov. 27 9:30 to 11:00 ♥	<b>Intermediate</b> 12 weeks \$192 Sept. 12 to Nov. 28 9:30 to 11:00 *			
PM	PM	PM	PM			
<b>Ongoing</b> 11 weeks \$176 Sept. 9 to Nov 25 7:00 to 8:30 ♥ No Class Oct. 14th	<b>Beginners</b> 12 weeks \$192 Sept. 10 to Nov. 26 6:00 to 7:30 *		<b>Breathing &amp; Meditation</b> 7 weeks \$91 Sept. 12 to Oct. 24 7:00 to 8:15 ♥			

### Studio Locations

**Namaste Yoga Studio** [ ♥ ]  
 2424 Heather Street, Duncan, BC

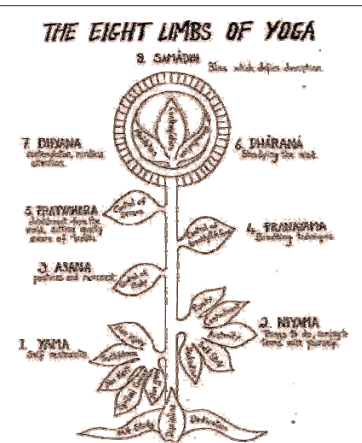
**Mercury Theatre** [ \* ]  
 331 Brae Road, Duncan BC

### Yoga Sutras Workshops

A day exploring the classical Yoga Sutras of Patanjali. This will include history, overview of the four books, reading of selected sutras and meditation practice.

When: **Sunday, October 6th**  
 Hours: **10:00 a.m. to 4:00 p.m.**  
 (one hour lunch break at 1:00pm)

Where: **Namaste Yoga Studio**  
 Cost: **\$75**



For Further Information Please Contact  
 Lillian at : 250.746.0327 or email: [lilianbianchi@telus.net](mailto:lilianbianchi@telus.net)  
[www.namasteyoga.ca](http://www.namasteyoga.ca)