

Yoga Workshop

“Deepening the Mind/Body Connection”

Date: March 26, 2011
Time: 9:00 am – 12 noon
Place: Senior’s Center, Kindersley
Teacher: Patricia Dewar

“Patricia is excited to help others become familiar with the various aspects of the body mind and to explore how this awareness can inform yoga practice as well as daily life. She takes a safe and meditative approach to ASANA practice which in turn allows students to find depth, strength and flexibility through an integrated experience.”

“She is particularly interested in making yoga accessible to all. Although her primary training is in the IYENGAR style, she has been influenced by different approaches and studies in different body modalities. For further details, please visit www.pdewar.com”

Cost: \$55 including GST

Send registration to: Glad McCarthy
Box 1042
Kindersley, SK S0L 1S0
(306) 463-1188

Please register by March 5, 2011

