

Happy New Year Everyone!

Even though we continue to face challenges with the pandemic, the beginning of a New Year, can be a good time to pause and set an intention or Sankalpa for the year. To do this I think about what I am passionate about, and what I want to focus my attention and energy on. A personal Sankalpa could be set as well as one for the planet.

Recently as I sat in meditation, three words popped up: heal, create, sustain. These words will guide me this year. And a Sankalpa can change over time!!

Wishing everyone good health, steadiness, community, joy and a more equitable world!

Warmly, Kathleen



PRE-REGISTER: kp.oconnell@yahoo.com payment by e-transfer **All classes are on -line**

Saturday Morning Yoga

10:30 – 11:45 am

Awaken your energy with breath practices and flowing sequences to warm and strengthen the body.

Fee:

Tuesdays in January

6:30 - 7:50 pm

January 11 –Hatha yoga for neck, shoulders and upper back! Class ends with a restful restorative posture
January 18 – Restorative Yoga Rest and recharge as you relax deeply in yoga postures supported by props.
January 25 – Yin Yoga: Pause in yoga postures for (3-5 minutes) to experience a deeper stretch, explore the mind body connection, and flow of energy.

Fee: \$15

Yoga Nidra (yogic sleep)

Sunday, January 9, 4:00 – 4:30 pm

This is a guided meditation that includes a body scan, attention to the breath, finding deep rest.

RSVP – No charge

Yoga for Stressful Times – Thursday series:

**January 20, January 27, February 3,
6:30 – 7:45 pm**

Learn practices and skills to increase steadiness, self compassion and improved mood.
 No yoga experience necessary.

Fee: \$45

Sliding scale is available for all classes, be in touch!

kp.oconnell@yahoo.com 416-315-7154

www.embraceyogaandhealth.com

www.facebook.com/embraceyogaandhealth www.instagram.com/embrace_yoga_and_health

Like me on Facebook and follow me on Instagram

