













YOGA 4 HOPE 2011: ROCK YOUR CHAKRAS
SATURDAY AUGUST 27, 2011 VOLLMER COMPLEX (OUTDOOR PAVILION)



TIME	TEACHER	CLASS	CHAKRA
8:00 am	<p>Kelly Henley www.brightyoga.ca</p> 	<p>MANDALA VINYASA This Mandala practice will have you moving 360 degrees in a series of poses that will fan the flames of your inner fire. Connect with your power centre so you can move from the strength of your inner core as you rock out to an energy packed play list!</p>	<p>SOLAR PLEXUS YELLOW BE POWERFUL</p> 
9:00 am	<p>Nikki Hillis www.breathepilatesandfitness.com</p> 	<p>YOGA/PILATES FUSION Pilates and Yoga practices are specifically and purposefully united to create a challenging class designed to get the heart rate up and create heat within the body to mimic the heat of the environment. Detoxify and re-energize yourself, Experience the best of both worlds.</p>	<p>HEART GREEN BE COMPASSIONATE</p> 
10:00 am	<p>Susan Marcaccini</p> 	<p>FOLLOW YOUR DREAM AND SPEAK YOUR TRUTH A Beginner friendly class that will still challenge you to be creative, respect your edge and listen to your inner voice. This can be especially challenging for more advanced students to go back to those basics and explore yoga with the eyes of a beginner, try it!</p>	<p>THROAT LIGHT BLUE BE CREATIVE</p> 
11:00 am	<p>Simone Reaume-Hayes</p> 	<p>YOGA KIDS Ages 5-11. It's all about having fun! Learn traditional yoga poses that are modified for a child's enjoyment. We'll move our bodies, focus our minds, and learn how to use our breath. All great tools for a life of health and fitness. We should all have started yoga at such a young age. Peace & Namaste.</p>	<p>THIRD EYE DARK BLUE BE INTUITIVE</p> 
12:00 pm	<p>Adele Grogan-Fox http://delly-oneyoga.vpweb.com/AdeleGroganFox.html</p> 	<p>PRANA FLOW This energetic wave sequencing fluid style vinyasa integrates pranayama & Bhava (feeling mind) to awaken the chakras. Move , feel , & experience freedom in your body and mind. Adele will be giving out a special surprise to all the students in this class.</p>	<p>CROWN PURPLE BE UNDERSTANDING</p> 








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<p>1:00 pm</p>	<p align="center">Mesia & Nena Custodio</p> 	<p>MOKSHA INSPIRED KRIYA This all levels class will get you grounded and confident in all you are, and all you have to offer. Inspired by Hot Moksha Yoga, the twins will stoke your fire with kriyas to get your heart pumping you into sweaty goodness!! A practice that draws you to svadhyaya (self study), and firmly into the present, you will be encouraged to discover and express yourself in all aspects of this class, challenging you to explore the true unrestricted freedom to be you</p>	<p align="center">ROOT RED I AM</p> 
<p>2:00 pm</p>	<p align="center">Stacey Marion</p> 	<p>YIN YOGA Experience the quiet within during your Yin Yoga practice. Stacey offers you an opportunity to balance the continuous movement of your day with the tranquility of deep long-held postures. The poses focus on the release of tension, especially in the hips and low back. Students are surrounded by compassionate instruction and supportive props, enabling you to soften around your edge and experience the restoration of stillness. This class is accessible to beginners and is an extraordinary addition to even the most advanced practice.</p>	<p align="center">SACRAL ORANGE I FEEL</p> 
<p>3:00 pm</p>	<p align="center">Renee Janisse www.namasteyogacentre.com</p>  <p align="center">& Ena Monteleone www.loveityoga.com</p> 	<p>POWER IN GRACE A challenging series of rhythmic yoga postures pacing the cadence of the breath. The sequence is built by continuously layering in postures which are held to exhaust their true realization. Movements resume to refresh the body, creating a balance between softness and strength, action and stillness, vigor and relaxation. A practice performed with deliberation and complete attention conditioning us to express our strength with subtlety and grace</p>	<p align="center">SOLAR PLEXUS YELLOW I DO</p> 









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<p>4:00 pm</p>	<p align="center">Dianne Bondy www.eastide-yoga.com</p> 	<p>OPEN YOUR HEART TO HOPE & ALIGN WITH POSSIBILITIES Experience deep hip openers, inversions, arm balances and sweet backbends as we connect with the Heart through the practice of Anusara Yoga</p>	<p align="center">HEART GREEN I LOVE</p> 
<p>5:00 pm</p>	<p align="center">Gina Wasserlein www.mydowntownyoga.com</p> 	<p>THROAT CHAKRA 101 Clear your mind and open your heart to speak your truth and live an authentic inspired life. This class will help you untie knots that are holding you back from experiencing a more fulfilling and joyful life. As we explore poses that affect the hips, heart, back shoulders, neck and throat, you will be left feeling peaceful, open and vibrant from head to toe.</p>	<p align="center">THROAT LIGHT BLUE I SPEAK</p> 
<p>6:00 pm</p>	<p align="center">Mary Farrell www.blossominglotusyoga.ca</p> 	<p>JIVAMUKI OPEN CLASS Jivamukti Yoga is one of nine internationally recognized styles of Hatha Yoga. The name Jivamukti means "liberation while living." It is taken from the Sanskrit term "Jivanmuktih" which is used to describe the state of enlightenment or God realization. Jiva means "individual soul" and mukti means "liberation". This method of yoga was created by David Life and Sharon Gannon in 1986. They named this yoga practice "Jivamukti" because they wanted the student to be reminded of the ultimate aim of the practice: spiritual enlightenment and awareness.</p>	<p align="center">THIRD EYE DARK BLUE I SEE</p> 
<p>7:00 pm</p>	<p align="center">Romano Formicuccia www.walkervilleyogaloft.com</p> 	<p>YIN BUDDHA BLISS Yin yoga is a style of yoga that targets the connective tissues of the body including ligaments, bones and joints. Poses for this practice are long held (between 2 and 5 minutes) in order to access these deeper tissues. It also affects the meridian pathways which run through the body circulating Chi or life force. Most poses are seated and therefore, this practice is one that most any level student can participate in. This is a very meditative practice in which one holds each pose to an edge utilizing breath and concentration while relaxing the muscles</p>	<p align="center">CROWN PURPLE I UNDERSTAND</p> 






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<p>8:00-9:30 pm</p>	<p>HEADLINER: SIANNA SHERMAN www.opentograce.com</p> 	<p>Anusara means "flowing with Grace" and "to step into the currents of the heart". Anusara Yoga encourages us to hug into life and ecstatically offer blessings from inside out. It is my wish that yoga helps us to engage the courage of our hearts, the vastness of our minds and the endless streams of opportunities to laugh, love and light up the world. May our shared humanity shine bright as we collectively plant seeds of beauty in the fertile soils of Love and Grace. *Candlelit Class</p>	<p>ROCK YOUR CHAKRAS</p> 
<p>9:30-9:45 pm</p>	<p>MARIA CIAMPA-DERUBEIS</p>  <p>NANCY DREW</p> 	<p>MEDITATION OF HOPE</p> <p>Breast Cancer Victors inspire us with their journeys and artistry in a candlelit meditation.</p> <p>Free to anyone to enjoy.</p> <p>*Candlelit Class</p>	
<p>10:00 pm</p>	<p>AFTER CHAKRA PARTY</p>	<p>Protenders & Polar Ice mix up some Chakra Spirits Sprucewood Shores Winery More on website to be announced!</p>	

All day outdoor Yoga includes headliner: \$50

~ Headliner at 8pm \$40

~ Any 1 class \$15

~ YOGA KIDS \$15

~Spectators, Meditation & After Chakra party-Attendance is FREE
 All Participants must fill out a Registration/Waiver to participate in Yoga classes

COMPASSIONATE CUISINE food for purchase 8am-5pm

EMCEES: Christie Bezaire (A News) & Sean Henry (CBC)

More announcements Coming!



Help us raise \$15,000.00 to get 100 local women scanned with Breast Thermography for FREE through www.ProactiveBreasthealth.com

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