

Hello Everyone

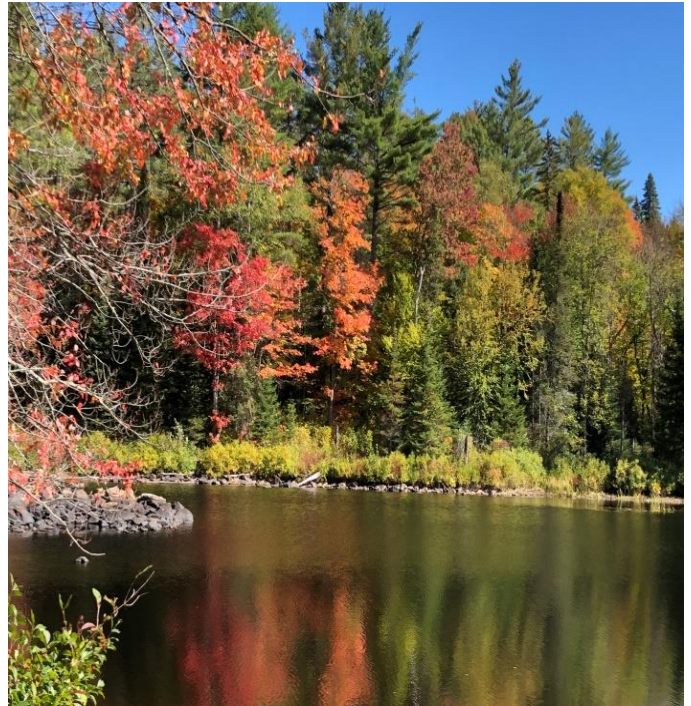
I hope you are keeping well as we move into fall!

In this time of uncertainty and stress, it can be especially challenging to practice Santosha, one of the niyamas (practices) of the eight limbs of yoga.

Santosha means contentment or satisfaction. It is a practice of cultivating a sense of contentment by noticing and appreciating the reality of what is, being present to the gifts and blessings in our lives. It can mean I have enough, I am enough.

Wishing you good health and Santosha this fall!

Kathleen



PRE-REGISTER for virtual classes to: kp.oconnell@yahoo.com

Gentle Hatha Yoga

Tuesdays, 6:30 – 7:50 pm

This gentle class focuses on slow mindful movement. Deepen your connection to body and mind. Enjoy a restorative posture at the end of the class! \$15

Monthly Tuesday Restorative Yoga

Tuesday, October 13 6:30 – 7:50 pm

Rest and refresh as you relax in nourishing postures with the support of yoga props. \$15. (There is a sliding scale \$5-15, reduced fee for students, seniors and unemployed)

Monthly Yin Yoga

Sunday, October 18, 6:30 – 7:45 pm

Yin yoga postures are held for longer periods (3- 5 minutes). This allows for a deeper stretch and a mindful, meditative experience. \$15

Energize with Hatha Yoga

Saturdays 10:30 – 11:45 am

Start your day with this Hatha yoga class which focuses on strength, mobility and flexibility. \$15

Free Yoga Outdoors: October 4, 18 and 25, 11:45 am -12:45 pm

Enjoy your yoga practice outdoors, weather permitting. We meet in Masaryk Park,
212 Cowan Avenue in Parkdale
Bring a mat or large towel. **RSVP**

Intro Special: \$10 for your first class

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