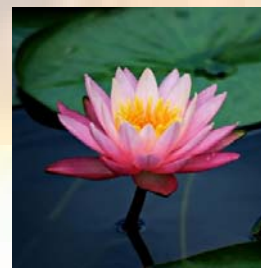


Meditation Workshop

March 21st 10am –12:30pm



“Finding Stillness and Ease in Times of Chaos and Change”

with



Ruth Shaw

CERTIFIED
YOGA TEACHER

In our fast paced, speed driven culture, there’s never been a better time to learn how to quiet our over active minds so we can relax and cultivate the “stillness” within. In our workshop we will practice several types of meditation techniques, which include Pranayama (deep rhythmic breathing), and the use of a mantra, a repetitive sound or word. Between techniques we will discuss our experiences and insights, and address questions.



Beginners Welcome!
\$30.00



To register or for more information:
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Location:
Network Spinal Care
217 B Danforth Ave.
1 block east of Broadview Av.

Google Map— http://www.google.ca/map?hl=en&tab=wl&client=firefox-a&rls=org.mozilla:en-US:official_s&q=217b%20danforth%20ave%20toronto%20canada