

Live Yoga

August 13-20, 2017



Facilitators:

Kerry Lawson E-RYT500,
Jeannine Saulnier E-RTY500
Kabir Raj Rana, Certified Indian Chef
& Yoga Instructor
At Tusket House, Tusket Nova Scotia

***For those who would like to “reboot”
their lives moving towards a
healthier lifestyle.**

Learn the practice of Yoga by actually living it on and off the mat.
Depart at the end of a week with the skill of implementing
a way of life that is best suited for you.

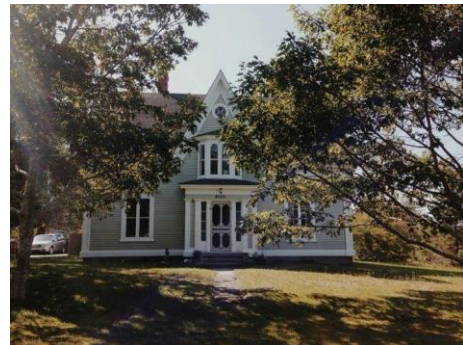
Includes: basic knowledge of Ayurveda (understanding your own true nature); Yoga (asana, meditation and pranayama), basic, healthy cooking classes and recipes, exercises on how to de-stress your life, and much, much more....

Cost: \$600 incl. accommodations (shared), meals (all meals & clean up are interactive and part of the practice) and programming.

***space is limited, 100\$ non refundable deposit required, please.**

Bring: personal toiletries, towel, journal, and assigned food item, Yoga mat and pillow.

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| 7:00am | sun salutations with mantra, meditation |
| 8:00am | asana class |
| 9:15am | breakfast & chai |
| 10:30am | experiential program (incl. interactive discussion, practices) |
| 12:30-3pm | lunch, walk, rest, swim, bike ride, etc |
| 3:00- 4:00 | pranayama & some form of gentle or restorative Yoga |
| 5:00-6:30 | interactive cooking class, or similar programming (if not interested in cooking) |
| 6:30pm | supper |
| 7:30pm | evening schedule (subject to be decided among group) |



For info and to register please call Kerry 902-648-7828 or email
yogawithkerry@yahoo.ca * or see www.arjuna.ca