

## YOGA

Yoga is a holistic path of self development which originated in India thousands of years ago. The universality of its teachings makes Yoga a timeless discipline that can enhance the quality of our lives, regardless of age, gender, faith or physical condition.

The word Yoga comes from the Sanskrit root yuj, meaning to yoke, to unite. The energy based techniques of Yoga bring healing and integration to the physical, emotional, mental and spiritual aspects of our being.

The many benefits of Yoga practice include: release of tension; flexibility and freedom of movement; increased energy flow and breath capacity; physical and inner strength; deep states of relaxation; clarity of mind and openness of hear.

The eight fold path described in the classical Yoga Sutras of Patanjali cultivates awareness at all levels, gradually taking the sincere practitioner to Self-Realization.

The vision of Yoga is a vision of the oneness of all beings connected to the Source of all.



Lilian Bianchi has been teaching Yoga since 1982. She first became involved with Yoga in her early teens. She has received certification from Master Vayuananda (Rio de Janeiro) in 1982 and from Sandra Sammartino (White Rock) in 1996. Certified by Sandra as a Yoga Teacher Trainer (2004), Lilian is registered with the Yoga Association of British Columbia as a senior teacher. She is also an honorary member of the International Federation of Yoga.

Lilian's background includes a degree in History, the study of music and languages, as well as an in-depth exploration of various holistic practices such as creative movement, bodywork and body oriented psychotherapy.

In her classes, Lilian provides a nurturing and encouraging atmosphere for students from all walks of life to experience the healing benefits of Yoga.

In addition to her regular classes, Lilian offers Yoga for clients of the Mental Health Unit in Duncan and for patients of Cedars at Cobble Hill.

A mother of two sons, Lilian has been living and teaching in the Cowichan Valley since 1996.



# Yoga with Lilian Bianchi

Honouring Body, Mind and Spirit

Namaste - The gesture of Joining the hands together in front of the heart is a classical East-Indian salutation. It acknowledges the common essence of all beings, honouring the oneness of life.

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## TO REGISTER:

### Pre-registration is necessary

To secure a space please send your full payment or a 50% deposit to:

*(Balance due on first class)*

Lilian Bianchi

2424 Heather Street, Duncan, BC V9L 2Z3

**Important:** Write on your cheque, payable to Lilian Bianchi, the date and time of the classes you choose.

**All prices include HST.**

**\$20 discount if registering for two or more classes per week.**

Missed classes can be made up only in current session.

**Cancellation Policy:** If the class is not suitable, a pro-rated refund or credit must be requested before the second class.

Individual Sessions available by appointment.

**For Further Information  
Please Contact Lilian at**

**250.746.0327**

**[lilianbianchi@telus.net](mailto:lilianbianchi@telus.net)**

**[www.namasteyoga.ca](http://www.namasteyoga.ca)**



**Winter 2012**

## CLASS DESCRIPTIONS

**Introductory Level:** This class teaches you the foundation and proper alignment for a healthy practice. Through stretches and beginning yoga postures (asanas), emphasis will be placed on developing body awareness, breath awareness and relaxation.

**Intermediate Level:** This class teaches you new postures and simple breathing practices that will further develop your flexibility, strength, stamina and fluidity of movement.

**Intermediate Plus Level:** This class continues the work of the intermediate level, offering more attention to detail and alignment in the poses.

**Ongoing Level:** For those with previous and consistent yoga experience who wish to deepen and refine their practice. This class will include more advanced postures such as inversions and backbends.

**Prenatal Yoga:** A nurturing preparation for childbirth through breath awareness, relaxation and postures designed for all stages of pregnancy. This class will empower women to meet the special moment of birth with confidence, strength and trust.

**Postnatal Yoga:** A nurturing and playful class for moms and their new babies (ages 1 to 6 months). We will explore interactive ways of moving, breathing and relaxing with your baby.

**Gentle Yoga:** Postures will be adapted to the needs of those with limited mobility. Enhance your breathing capacity and ability to relax as you enjoy this gentle yet invigorating class. Includes body rolling techniques with balls.

**Yoga on Chairs:** For seniors and adults with limited mobility, this class can be easily done while sitting on a chair. It consists of energy activating massage, movements, stretches, deep breathing and relaxation. Standing postures will be included according to each individual's ability.

**Restorative Yoga:** In this class you will practice passive supported poses, using bolsters, chairs, blankets and cushions. Each pose is held comfortably for a few minutes, with awareness of breath. Highly nourishing and restorative for the nervous system, this practice is conducive to a state of deep relaxation and connection to Self. Inspirational readings and sound healing (toning) will be included. All levels welcome.

**Breathing and Meditation:** A class to explore breathing practices (pranayama) and sitting meditation, drawing from the Yoga Sutras of Patanjali and other wisdom traditions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	<b>Introductory Level</b> 12 wks - \$168 Jan 9 - Mar 26 9:00 - 10:30 ♥	<b>Breathing &amp; Meditation</b> 10 wks - \$120 Jan 17 - Mar 21 9:00 - 10:00 ♥	<b>Gentle Yoga</b> 12 wks - \$168 Jan 11 - Mar 28 9:30 - 11:00 ♥	<b>Intermediate Plus</b> 12 wks - \$168 Jan 12 - Mar 29 9:15 - 10:45 †	<b>Yoga</b> <i>For clients of Mental Health ~Adults~</i> 9:30 - 11:00 ◆	<b>Restorative Yoga</b> 6 wks - \$84 Feb 25 - Mar 31 9:30 - 11:00 ♥
<b>AM</b>	<b>Yoga on Chairs</b> 12 wks - \$144 Jan 9 - Mar 26 11:00 - 12:15 ♥		<b>Postnatal Yoga for moms &amp; babies</b> 10 wks - \$120 Jan 18 - Mar 21 11:30 - 12:30 ♥	<b>Intermediate Level</b> 12 wks - \$168 Jan 12 - Mar 29 11:00 - 12:30 †	<b>Yoga</b> <i>For clients of Mental Health ~Seniors~</i> 11:30 - 12:30 ◆	
<b>PM</b>	<b>Yoga</b> <i>For clients at Cedars in Cobble Hill</i> 4:00 - 5:00	<b>Yoga</b> <i>For clients at Cedars in Cobble Hill</i> 4:00 - 5:00	<b>Yoga</b> <i>For clients at Cedars in Cobble Hill</i> 4:00 - 5:00	<b>Yoga</b> <i>For clients at Cedars in Cobble Hill</i> 4:00 - 5:00	<b>Yoga</b> <i>For clients at Cedars in Cobble Hill</i> 4:00 - 5:00	
<b>PM</b>	<b>Ongoing Level</b> 12 wks - \$168 Jan 9 - Mar 26 6:00 - 7:30 ♥	<b>Introductory Level</b> 12 wks - \$168 Jan 10 - Mar 27 6:00 - 7:30 ★	<b>Prenatal Yoga</b> 10 wks - \$145 Jan 18 - Mar 21 6:00 - 7:30 ♥		<b>Special Events</b>  <b>At Namaste Yoga Studio:</b> <b>Systemic Constellation Circle</b> facilitated by Jan Hull  <i>For information please contact:</i> <a href="mailto:janhull@shaw.ca">janhull@shaw.ca</a>	
<b>PM</b>		<b>Intermediate Level</b> 12 wks - \$168 Jan 10 - Mar 27 7:30 - 9:00 ★		<b>Introductory Level</b> 12 wks - \$168 Jan 12 - Mar 29 7:00 - 8:30 ♥		
♥ <b>Namaste Yoga Studio</b> 2424 Heather Street Duncan, BC		★ <b>Mercury Theatre</b> 331 Brae Road Duncan, BC		† <b>St. Peter's Church Hall</b> 5800 Church Road Duncan, BC		◆ <b>Mental Health Unit</b> 3088 Gibbins Road Duncan, BC