

## TO REGISTER:

Please send your full payment or a half-fee deposit to:

Lilian Bianchi  
2424 Heather Street, Duncan, B.C. V9L 2Z3

Pre-registration is necessary.

Make cheque payable to:  
Lilian Bianchi

**Important:** Write on your cheque the date and time of the classes you choose.

Missed classes can be made up only in current session.

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

- Please wear comfortable clothing.
- Bring a yoga mat and a blanket.
- ALL PRICES INCLUDE GST.
- Also available: 75 minute individual sessions \$65

*For further information  
Please call Lilian at*

**746-0327**

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

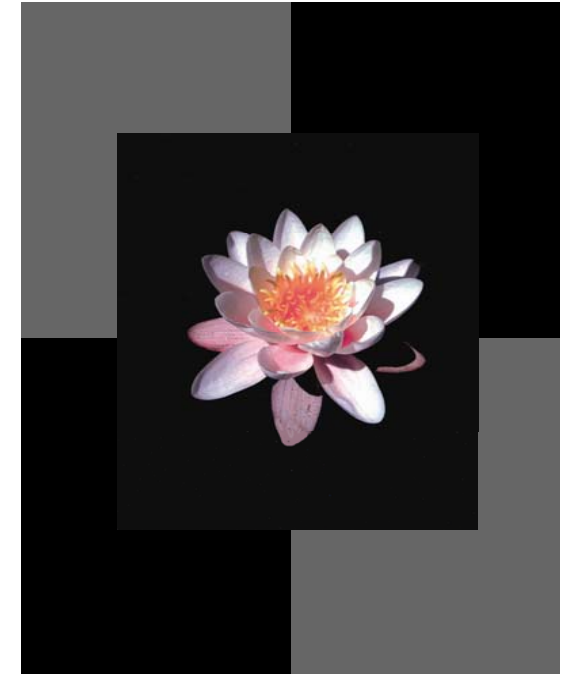


*Lilian Bianchi has been teaching Yoga since 1982. She first became involved with Yoga in her early teens. She has received certification from Master Vayuananda (Rio de Janeiro) in 1982 and from Sandra Sammartino (White Rock) in 1996. A certified Yoga teacher trainer, Lilian is registered with the Yoga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

*Yoga with Lilian emphasizes the connection of Body, Mind and Spirit.*

*In addition to her regular classes, Lilian offers Yoga for clients of the Mental Health Unit in Duncan.*

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



# Yoga

with

## Lilian Bianchi

Namaste: "The light within me honours the light within you. We are one in the light"

## Winter 2009

# 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 heart.

The classical eightfold path of Yoga 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.



<b>INTRODUCTORY LEVEL</b> 12 weeks: \$152	Tuesday	Jan 13 - Mar 31	9:00 - 10:30 am	Namaste Yoga Studio
	Tuesday	Jan 13 - Mar 31	5:45 - 7:15 pm	Mercury Theatre
	Thursday	Jan 15 - Apr 2	7:30 - 9:00 pm	Namaste Yoga Studio
<b>INTERMEDIATE LEVEL</b> 12 weeks: \$152	Tuesday	Jan 13 - Mar 31	7:15 - 8:45 pm	Mercury Theatre
	Thursday	Jan 15 - Apr 2	11:00 am - 12:30 pm	St. Peter's Church Hall
<b>INTERMEDIATE PLUS LEVEL</b> 12 weeks: \$152	Thursday	Jan 15 - Apr 2	9:15 - 10:45 am	St. Peter's Church Hall
<b>ONGOING LEVEL</b> 12 weeks: \$180	Monday	Jan 12 - Mar 30	7:00 - 9:00 pm	Namaste Yoga Studio
<b>PRENATAL YOGA</b> 6 weeks: \$76	<i>(For all stages of pregnancy)</i>			
	Wednesday	Jan 14 - Feb 18	5:30 - 7:00 pm	Namaste Yoga Studio
	Wednesday	Feb 25 - Apr 1	5:30 - 7:00 pm	Namaste Yoga Studio
<b>YOGA FOR TEENS</b> 10 weeks: \$106	Thursday	Jan 22 - Mar 26	4:00 pm - 5:00 pm	Namaste Yoga Studio
<b>GENTLE YOGA</b> 12 weeks: \$152	<i>For those with limited mobility</i>			
	Wednesday	Jan 14 - Apr 1	9:30 - 11:00 am	Namaste Yoga Studio
<b>YOGA ON CHAIRS</b> 12 weeks: \$132	<i>For seniors or those with limited mobility</i>			
	Monday	Jan 12 - Mar 30	9:30 - 11:00 am	Namaste Yoga Studio
<b>UPCOMING...</b>	<i>Yoga for Couples</i>		<i>Feb 14 @ 10 am - 12 pm</i>	<i>\$50 per couple</i>
			<i>Namaste Yoga Studio</i>	
	<i>Restorative Yoga Restshop</i>		<i>Mar 21 @ 10 am - 12 pm</i>	<i>\$25</i>
		<i>Namaste Yoga Studio</i>		
<i>Philosophy &amp; Meditation -</i>		<i>The Map of Yoga outlined in the Sutras of Patanjali Jan 25, Feb 22, Mar 29 (the last Sunday of the Month) @ 7 - 8 pm \$5</i>		

\*Namaste Yoga Studio - 2424 Heather Street, Duncan

\*Mercury Theatre - 331 Brae Road, Duncan

\*St. Peter's Church - 5800 Church Road, Duncan