

WELCOME TO THE TEAM!

WE'VE BEEN THRILLED TO WELCOME NEW THERAPISTS AND TEACHERS OVER THE PAST FEW MONTHS.

In addition to Heather and Bobbie, our team now includes:

JOCELYN COLQUHOUN

- ◆ Certified Yoga Instructor

FIONA CRAIG

- ◆ Core Strength Instructor
- ◆ Gymnastics Coach

MONICA DRAGOSZ

- ◆ Counsellor & Psychotherapist
- ◆ Certified Yoga instructor

BORJANA NADLACKI

- ◆ Registered Massage Therapist

LARA OSIS

- ◆ Natural Health Practitioner
- ◆ Registered Reflexologist
- ◆ T'ai Chi and Yin Yoga Instructor

ANNE-MARIE STEPHURE

- ◆ Elementary School Teacher
- ◆ Certified Parent Educator
- ◆ Certified Pilates Instructor (Core Strength Classes)

REN PING (HENRY) ZHOU

- ◆ Registered Massage Therapist

HOLIDAY HOURS:

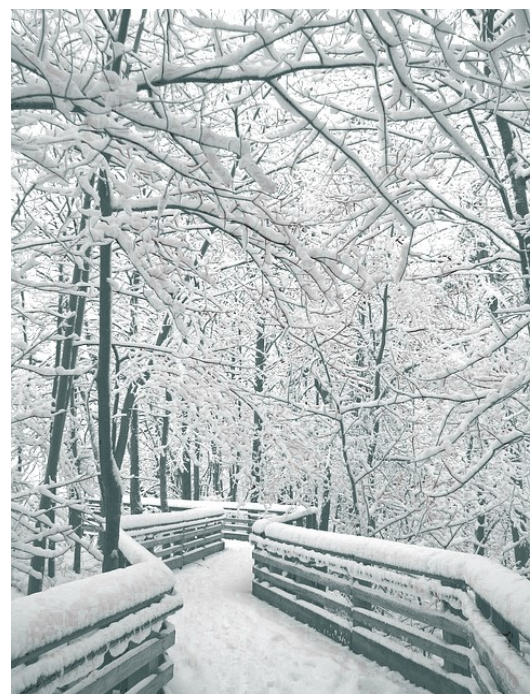
Tues. 27 Dec: 9am - 7pm

Wed. 28 Dec: 9am - 7pm

Thurs. 29 Dec: 9am - 7pm

Mon. 2 Jan: 9am - 6pm

Classes resume 2 Jan. See our website for details.



NEW CLASSES:

Hatha Yoga with Jocelyn
Monday 1:30 - 2:30*
*Resumes 9 Jan.

Hatha Yoga with Monica
Tuesday 5:15 - 6:15
Thursday 9:30 - 10:30

Injury/Illness Recovery with Heather
Tuesday 10:30 - 11:30
Thursday 1:30 - 2:30

See our website for the full class schedule



CLINIC HOURS

Monday-Friday 9am - 8pm
Saturday 9am - 12pm

Our receptionist is available for bookings Monday to Thursday from 10:30 until 3:00.

All phone messages returned by the next business day.

403.202.8658
reception.vnhc@shaw.ca

UPCOMING EVENTS:

◆ WORKSHOPS:

December 27, 28, 29 \$180

The Bear's Den: 'Going Inward' Series
5:00 - 6:30pm with Monica

Saturday, January 14, 2017 \$80

T'ai Chi: Refresh Your Skills
10am - noon with Bobbie

Saturday, February 4, 2017 \$80

Qigong: By The Fire (*Winter Qigong Series*)
10am - noon with Bobbie

Saturday, February 11, 2017 \$80

Breathing: Fundamentals
10am - noon with Heather

THE BODY KNOWS...

Monica Dragosz

Being truly aware of your body can be helpful in so many situations, yet it is a skill most of us don't learn in our family and cultural contexts. Beyond obvious states such as hunger, pain, and fatigue, body awareness can be deepened considerably to include what psychologist Eugene Gendlin called the *felt sense*.

According to Gendlin, the felt sense is like an internal aura that includes everything that you know and feel about a certain subject at a certain point in time. Information via the felt sense is communicated to you all at once rather than piece-by-piece, and it is often beyond words and analysis.

When we are able to tap into the felt sense – which can take training and practice – we often feel significantly better about our problems, and are able to let solutions evolve naturally.

We will be working with the felt sense in the Bear's Den Workshop, December 27-29. This workshop is appropriate for anyone who would like to be more centered, learn to better cope with stress, and become more intuitive.