



SKYBLUE CLASS PROMOTION

5 Class Package for \$34!

Details Online

Register Online:

[SkyBlue Class Promotion](#)

By Phone: 403-202-8658

HAPPY 2017!

AND NOW WE WELCOME THE NEW YEAR,
FULL OF THINGS THAT HAVE NEVER BEEN.
-RAINER MARIA RILKE-

Many people will make New Year's Resolutions, and many will break them or abandon them before long. When this happens, instead of examining aspects like our willpower and discipline, what if we looked at how we arrived at our goals in the first place?

Often our goals reflect a list of "shoulds" in our lives, or markers that, once achieved, will announce to ourselves and the world that we are finally "good enough".

To start this year, give yourself the benefit of assuming that you have nothing to prove respecting your worth, and instead ask yourself what goals will facilitate your fullest expression in the world. If "losing weight" will help you gain the confidence to more fully engage in your relationships, work, service, and life in general, then try to stay connected to the ripple effect you want it to have in your life.

In any case, I wish for you to find something truly meaningful to commit your whole self to - in the words of poet David Whyte, "a promise it will kill you to break".

Monica Dragosz is a Psychotherapist and Yoga Instructor who assists others in accessing and understanding the body's innate wisdom.

2017 SKYBLUE CLASSES

Monday

Seniors Core Movement 9:30 - 10:30 am

Yin Yoga 10:30 - 11:30 am

Hatha Yoga 1:30 - 2:30 pm

Tuesday

Core Movement 9:30 - 10:30 am

Injury/Illness Recovery 10:30 - 11:30 am

Meditation 4:00 - 5:00 pm

Hatha Yoga 5:15 - 6:15 pm

Intermediate Core Strength & Stretch 6:15 - 7:15

Wednesday

Core Strength & Stretch 9:30 - 10:30 am

Yin Yoga 10:30 - 11:30 am

Thursday

Hatha Yoga 9:30 - 10:30 am

Qigong Movement 10:30-11:30 am

Injury/Illness Recovery Thurs 1:30 - 2:30 pm

Deep Core Strength & Stretch 5:15 - 6:15 pm

Yin Yoga 6:15-7:15 pm

Friday

T'ai Chi 9:30 - 10:30 am

Yin Yoga 10:30 -11:30 am

REFLEXOLOGY: Q & A

WITH LARA OSIS

What drew you to learn the practice of reflexology?

My first experience with reflexology was when I was a teenager and read about a point on the hand that could help with headaches and nausea. It kind of seemed like magic when it worked on me. I was sold on the practicality of the practice.

What do you find to be some of the advantages of reflexology?

I am a big fan of anything that is gentle but effective. Sometimes we are sold the “no pain no gain” approach to healing and recovery. I have found reflexology can provide support and relief without being overwhelming. Reflexology is also great for people who may not be able to tolerate more intense forms of hands-on body work.

Reflexology came from Eastern cultures. What can Western cultures learn from this tradition?

In the West, we neglect several parts of the body that reflexology focuses on. We neglect our feet. They work so hard to get us where we need to go, so giving them some attention and thanks is long overdue! Also, the hands – we use our hands for so many tasks and they are so profoundly important to how we express ourselves and our ability to feel our world. Lastly, the ears -- just a few minutes of working with your ears can provide such a sense of comfort and wellbeing.

Lara is a member of the Natural Health Practitioners of Canada and a certified reflexologist. She also teaches yin yoga and T'ai Chi and is trained in spiritual healing and trauma recovery techniques. To book a reflexology or healing session with her, please call 403.202.8658.

Upcoming Workshops

Qigong: By The Fire **\$80**

With Bobbie Lu-Kopf

Saturday, February 4, 2017

10 am - 12 pm

Breathing: Fundamentals **\$80**

With Heather Campbell

Saturday, February 11, 2017

10am - 12 pm

Living with Grief and Loss **\$80**

With Heather Campbell and

Monica Dragosz

Saturday, March 18, 2017

10 am - 12 pm

Call us at 403.202.8658 to register



LUNCH-HOUR LECTURES

12:45PM

Thurs, February 2: Going Inward with Psychotherapy

Monica Dragosz

Thurs, February 9: Physical Health for Seniors

Bobbie Lu-Kopf

Thurs, February 16: Living with Loss

Monica Dragosz

Thurs, February 23: Living Pain Free

Heather Campbell