

Massage Therapy, Private Counselling, Reflexology, Hypnotherapy, Healing & Energy Therapies, Yoga, Core, Meditation, Qigong, T'ai chi

ABOUT US AND OUR CLASSES...

*Yoga teaches us to cure what need not be endured
and endure what cannot be cured.*

—B.K.S. Iyengar—

We know firsthand the value of yielding to the flow of our most challenging life experiences. We truly value inner processing and holistic well-being over performance and achievement. Our weekly classes are designed with this in mind.

We work with a wide variety of people and consider any challenges individuals may be facing. We provide specialized classes with personal attention and appropriate modifications — whether it is Yoga, Core Strength, Meditation, Qigong, or T'ai Chi.

Our SkyBlue Studio is also a sacred space for an experience beyond the physical to occur. We infuse the “prana” into Yoga, the “chi” into T'ai Chi and the experience of connection often missing in class settings. For us, it is important that we embody the true essence of each discipline.

We enjoy sharing our training, knowledge, and experience with you. We invite you to join us and experience the wonderful impact these classes have on your well-being.



2017 CLASSES

Monday

Core Strength & Stretch: Seniors*	9:30 - 10:30 am
Yin Yoga	10:30 - 11:30 am
Hatha Yoga	1:30 - 2:30 pm
Hatha Yoga*	6:30 - 7:30 pm

Tuesday

Core Strength & Stretch	9:30 - 10:30 am
Core: Injury/Illness Recovery	10:30 - 11:30 am
Meditation	4:00 - 5:00 pm
Yoga Heart & Mind	5:15 - 6:15 pm
Core: Intermediate	6:15 - 7:15 pm

Wednesday

Core: Intermediate	9:30 - 10:30 am
Yin Yoga	10:30 - 11:30 am
Hatha Yoga*	6:30 - 7:30 pm

Thursday

Yoga Heart & Mind	9:30 - 10:30 am
Meditation in Movement: Qigong	10:30 - 11:30 am
Meditation: Beginner	1:30 - 2:30 pm
Core: Deep	5:15 - 6:15 pm
Yin Yoga	6:15 - 7:15 pm

Friday

Meditation in Movement: T'ai Chi	9:30 - 10:30 am
Yin Yoga	10:30 - 11:30 am
Hatha Yoga*	6:30 - 7:30 pm

*New Class!

CLASS PROMOTION

5 Classes for \$34 or 10 Classes for \$54

(For new clients only)

Register Online: Class Promo

By Phone: 403-202-8658

In Person at Reception

WORKSHOPS

Living with the Loss of a Loved One \$80

with Heather Campbell and

Monica Dragosz

Saturday, March 18, 2017

10 am - 12 pm

Qigong: Birds in Flight \$80

with Bobbie Lu-Kopf

Saturday, April 8, 2017

10 am - 12 pm

Pre-registration required
(403) 202-8658

LECTURE SERIES

\$20 OR BY DONATION

Mon, Mar 27: **Physical Health for Seniors**

Bobbie Lu-Kopf

12 pm - 1 pm

Thurs, Mar 30: **The Highly Sensitive Person**

Monica Dragosz

12 pm - 1 pm

Thurs, April 13: **Introversions 101**

Monica Dragosz

12 pm - 1 pm

Pre-registration required
(403) 202-8658

HAVE A TOPIC YOU'RE INTERESTED IN?
SUBMIT IDEAS AND WE WILL CONSIDER
THEM FOR OUR LECTURE SERIES.

Topics may fall under:

Health & Wellness • Individual Conditions •
Fitness Modalities • Treatment Modalities •
Life Style Adjustments • Emotional Intelligence
• Pregnancy/Birth/New Parent • Parenting/
Attachment/Bonding • Healthy Personal Care
Products • Personality Typing (Introversion/
Extroversion) • Personal Growth • Deep
Nature Connection • Traditional Healing •
Spiritual Health & Awareness • Healing &
Recovery

Submit in writing to the Front Desk:
reception.vnhc@shaw.ca

HAKOMI THERAPY: Q & A

WITH MONICA DRAGOSZ RSW

What is Hakomi?

As a therapy method, Hakomi uses mindfulness and body awareness as the portals for engaging the deepest parts of the self. It works with awareness of one's experience of the present moment, exploring where we feel habitually limited and what might be possibilities for opening up and living more fully.

What that looks like in practice is that if you come to me and say you are having a relationship problem, instead of having you tell me the blow-by-blow of a recent argument, I would have you slow down and start to notice the felt sense in your body – the subtle or not-so-subtle sensations you may be feeling in this very moment as you think about this issue. I am a guide in this process and assist you in unpacking and exploring those aspects of your life experience that surface while in this mindful state. We start to understand what kind of core beliefs are contributing to your specific experience of relationships with other people and to life in general: how you are "organized", your patterning from the inside out. While developing behavioural patterns may be an inevitable part of being human, we can change them, and mindful embodiment is often a key component.

Are there specific concerns that you would recommend addressing with Hakomi rather than with more 'traditional' psychotherapeutic approaches?

Hakomi can be used to address virtually any issue, as it goes beyond superficial understandings and assumptions that both therapist and client may initially have. It isn't an approach that defines the therapist as an expert; in this case, the therapist is truly more of a facilitator or guide. When therapist and client are both able to bring curiosity and a willingness to explore to the process, it opens up the potential to arrive at a much deeper appreciation of the client's needs. While working in this way comes quite naturally to those who already have a mindfulness practice (eg., yoga, meditation) and more creative, right-brained types of people, most people can learn to work with — and therefore benefit from — their connection to their bodies.

Monica is a Psychotherapist and Yoga Instructor. She has a strong skill-set for trauma resolution, and specializes in the areas of depression, anxiety, grief and loss, stress management, interpersonal issues, and personal/spiritual development. In addition to private sessions, she teaches weekly Yoga Heart & Mind classes. To book an appointment, please call 403.202.8658.

