



Ted Grand

Ted Grand is an adventurer at heart. His yoga practice has brought him to take several teacher training programs around the world, studying traditional yoga with Georg Feuerstein, Bikram Choudhury and Janice Clarfield. Ted developed the Moksha Yoga series after years of devoted practice and study. www.mokshayoga.ca

Saturday March 27th 3:15 pm - 5:15 pm SA4GRA

Yoga as Activism

Learn to apply your yoga mat practice to deepen your connection to all aspects of your life. Through the tools of accessible, yet challenging poses, explore how to adapt your practice into all elements of your life..

Sunday March 28th 4:30 pm - 6:30 pm SU4GRA

Yoga for an Inspired and Happy Existence

Yoga can provide for us greater happiness, calm and connection. In this workshop we will utilize breathing techniques, yoga postures, and visualization to find a way to bring more laughter, vitality and inspiration into our daily living. This workshop can apply to both the student and teacher alike.

Sarah Tomson Beyer

With a background in dance and a Master's in Physical Therapy, she presents an untraditional physical practice grounded in therapeutic movement. With pure intention to inspire and empower, Sarah creates an open space that allows her students to express their own flow. An internationally recognized teacher and entrepreneur based in Park City, Utah; Sarah is the creator of Flowmotion and the founder of the progressive apparel line, meSheeky. She has been featured on the cover of Yoga Journal, in a video with Shiva Rea, and in several other yoga-related publications. www.flowmotionstyle.com



Saturday March 27th 9:00 am – 11:00 am SA1TOM

Find your rhythm... what's your flow?

Be empowered, color outside of the lines. Learn to apply rhythm and fluidity to your practice. Begin with a series of specific warm-up openers, unique versions of Sun Salutations A+B followed by a creatively original sequence. In this signature style, the pattern of movement is taught slowly and then successively builds to a faster pace creating the feeling like that of a dance. The sequence is repeated to generate a seamless collective flow. Find balance between minimal instruction that will dance you to your edge and liberating encouragement, allowing you to find the flow of your own personal practice.



Sat Dharam Kaur

Author and naturopathic doctor. She has developed a 17 week yoga-based addiction recovery program, as well as breast health yoga training. Her best-selling books include: A Call to Women: The Healthy Breast Program and Workbook, The Complete Natural Medicine Guide to Breast Cancer, and The Complete Natural Medicine Guide to Women's Health. www.healthybreastprogram.on.ca

Sunday March 28th 9:00 am – 11:00 am SU1SAT

Beyond Addiction: Using Kundalini Yoga and Meditation to Break the Addiction Cycle

The practice of Kundalini Yoga enables us to turn on our "God faucet" and experience our spiritual identity directly. It is often a longing for a spiritual experience that draws us into addictive behaviour. In this workshop you will learn specific pranayams, kriyas and meditations to rearrange habit patterns, detoxify, balance and strengthen the nervous system, regenerate the glands, and break the addictive cycle while connecting to your spiritual identity.



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