

## Finding The Joy In Living

### Happy Spring everyone!

After coming down from the excitement of the Canada Games in our home town, many of us are settling back into our usual routines. But this time of year is anything but normal.

In the Ayurvedic tradition, which encourages us to live in harmony with the principles of nature, this time of year represents significant shifts as we move from the cold, dry, windy months of winter into the wet and cold season of spring.

To maintain equilibrium, we can take special care to stay warm and dry and consume warm, light foods and spices. And if you haven't tried a Breathing Space Hot Flow class, now is a great time to try!

In addition to the climatic changes occurring, we can welcome change within. Most of us are viewing the world from behind a large fence, through a small knot in the wood. As we expand our abbreviated perspective, the world around us changes and our lives begin to open up.

The serpent is a very powerful image in yoga as it represents the potential life energy that lies latent at the base of the spine, ready to ascend as we awaken. The snake is also known to shed its skin, representing new life and a fresh start.

Take a moment when you have five minutes to spare, lie down and enjoy a few deep cleansing breaths. Relax any areas of tension or holding in your body and watch the flow of the in-breath and out-breath. Begin to visualize yourself as a snake with your legs forming one unified tail. It is the season to shed your old heavy skin, to step out of the expired you and all that has been weighing you down.

Stretch your arms overhead and begin the journey of climbing out of your old, crusty skin. As you peel off the outer layer, you can identify the contents you are shedding, be it resentment, guilt, pain, self-sabotage, addiction etc.

Keep climbing out of your dead, dry skin of the past until you can step out onto new, fresh ground. Experience the freedom bursting through you, as you wear your new, baby soft layer of skin. Now just watch and listen, letting the new you move and dream in a way that is completely open to the miracle of life.

Here's to the burgeoning season of new beginnings—read on to hear about our NEW Advanced Training, bootcamps and more!

Jenny

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### **BREATHING SPACE HEAD OFFICE NEWS (902-444-9642)**

~ March 2nd from 7-9pm at the Future Inn in Bayers Lake, Jenny will officially begin her role as Head Yoga Trainer for High Performance Athletes by doing a workshop on Yoga for Athletes. There are three spots remaining for coaches or athletes who would like to attend.

~ Breathing Space proudly presents world renowned yoga instructor, master healer and author Nischala Joy Devi on April 30-May 1st, 2011 for a weekend of Yoga of the Mind and Deep Relaxation. Jenny will be doing morning yoga to begin the day. All are welcome, no yoga experience is necessary. This weekend can be credited toward our new 500 hr Teacher Training Program for Yoga Teachers. Call now to receive the early bird registration of \$240.00

~ We are thrilled to finally announce the NEW Breathing Space 500 hr Advanced Training Program, beginning this fall. This is a unique opportunity to study both Ayurvedic Medicine and Yoga Therapy in conjunction with the Breathing Space Model of Mastery™ teaching method. Stay tuned for more details on curriculum content, price and schedule.

### **BREATHING SPACE TANTALLON (820-9642)**

~ Upcoming programs and workshops require pre-registration: Call 820-9642 to secure your spot today!

~ Intro to Yoga Level I with Amy begins Tuesday March 1, 2011 at 6:30pm. The cost is \$69.00 plus tax and there is still space available.

~ Our New 4 week Advanced Postures Workshop with Bryan and Amy will begin on Thursday March 17, 2011 at 6:30. The cost is \$46.00 plus tax.

~ Our 8 week Parent and Baby Yoga Workshop with Liz begins March 8, 2011 at 10:30am. The cost is \$90.00 plus tax.

~ Our 8 week Pre-Natal Yoga Workshop with Tomomi begins March 11, 2011 at 6:45pm. The cost is \$90.00 plus tax.

~ Our 6 week Pilates Workshop with Christine begins March 3, 2011 at 9:00am. The cost is \$54.00 plus tax.

~ March's Family Yoga class will be offered on Sunday March 13, 2011 at 2:00. Please call to register for this fun and playful class. The cost is \$20.00 (plus tax) for the whole family.

~ ZUMBA FITNESS RETURNS!!! Join Amber Allen-Nauss for our new Zumba 4 week workshop, beginning March 18, 2011 at 9:30. The cost is \$46.00 plus tax.

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### **BREATHING SPACE TRURO (902-843-9642)**

- ~ Partner Yoga Friday March 25th, 6-7:30pm. Register early as space is limited.
- Pre/post natal Yoga - 6 week session beginning Tuesday March 22 - Tuesday To April 26 @ 6:30pm.
- Stay tuned for a jam packed March Break week full of fun activities for the whole family.
- Lunchtime Vinyasa Flow Yoga Mondays & Wednesday from 12-1pm.
- We now offer Children's Birthday parties, call the studio to book yours today!
- New! Yoga for Golfers Monday evenings @ 6:30pm.

### **BREATHING SPACE BEDFORD (832-9642)**

~ Registration required for all the following programs. Please call for further details.

PRE-NATAL YOGA: 8 week program begins March 12th.

MOM & BABY YOGA: 8 week program begins March 29th.

KIDS YOGA: 4 week program begins March 5th.

NEW! MOM & TOTS: 8 week program begins March 3rd

~ RING IN SPRING! Join us Monday March 21st at 7:30p for an Ashtanga Yoga Primary Series class. The primary will start your inner spring cleaning with deep forward bends and purifying twisting postures. All proceeds will go to charity. Please call to register.

~ YOGA BOOTCAMP! Our popular 10 day Kick-your-asana program is back from March 28th - April 8th, 6:00am- 7:30am Monday - Friday. Please call to register (\$140 + tax)