

## 5 Reasons why you need yoga this winter!

Have you lost your yogic way? Here are some reasons to step on your mat this winter

1. Core strength can save your back...and maybe your life! Yoga, with its focus on core strength, will keep your back healthy throughout the rigorous shoveling months, and we've had a lot of them these days. More kudos for core strength, the finer deep muscles in the abdomen control our balance. When we step on ice, if those muscles aren't used to firing, we will fall. This winter, be one of those people who slip, falter, and then recover quickly.
2. Breathe your way out of the blues. Yoga encourages us to take slower deep breaths, which triggers the relaxation response and increases our oxygen uptake. Breathing and exercise also increase happy hormones that can replace the nourishing feeling of sunlight. Try this: as you inhale, say to yourself "I am"...as you exhale, say to yourself "at peace."
3. Work off the winter layer and look forward to wearing a bathing suit on your March break. Yoga, even gentle styles, increases our metabolism, helping us to burn the fat that accumulates throughout the hibernation period.
4. Create a tropical experience in one of our hot yoga classes and feel your body unravel from the contraction of the cold winter days.
5. Experience the support and uplifting energy of a room full of yogis breathing in unison.

### **BEDFORD NEWS (444-9462)**

- Breathing Space Calendars were a huge hit and we raised over \$1000 for The Salvation Army! Thanks to all who contributed, we trust you are enjoying them. The small amount remaining are now free so help yourself.
- Angela Weeks, seasoned Registered Massage Therapist, will be joining the Bedford Studio, welcome Angela! As of Feb. 15th, she will be available on Tuesdays and Thursdays.
- Breathing Space Holistic Weight Loss Program will begin Saturday, Jan. 31st. This full program will be facilitated by Lori, Blair and Jenny.
- Grab a buddy (or a lover) and join us for our annual Partner Yoga Workshop on Sat., feb. 14th at 3:30-4:30pm. Hope to see you there!

### **BEDFORD NEWS (cont.)**

•Yoga with Jenny is now offered through Haligoniac.ca, a live web-cast show, every Thursday at 12:30pm.

### **HALIFAX NEWS (406-9462)**

•Spread the Love this February and serve your community with our new weekly Karma Class! This donation-based class is open to everyone so bring a loved one. During Valentine's month, your \$5 donation will go to the Canadian Heart and Stroke. Join us at 5:45pm on Thursday, February 5th. We want everyone to experience the Power of Yoga!

•Breathing Space Halifax is looking for skilled yoga instructors and front desk support. To inquire call Sherry at 406-9642.

•Baby Its Cold Outside! Try one of our dynamic Hot Yoga classes on Tuesdays, Fridays and Sundays.

•Keep your eyes peeled for our latest Be Present order. We have awesome brightly colored pants and tanks arriving soon with men's practice apparel.