



Acu Harmony Health

2010 WORKSHOPS

(please visit our website for more information on classes and upcoming workshops)

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FEBRUARY

SATTVA YOGA WORKSHOP • RAMEEN PEYROW

February 20 10:00—12:30pm & 2:00—4:00pm \$60/session
Understanding the Gunas (Tamas, Rajas, Sattva)

February 21 10:00—12:30pm & 2:00—4:00pm \$60/session
Going with the Natural Flow of Nature and Life \$200 for weekend



Rameen Peyrow began his practice of yoga at a very young age with Meditation. His practice of meditation eventually led to Hatha yoga and then to Ashtanga Yoga. In 2002 he was authorized to teach by Sri. K. Pattabhi Jois of Mysore, India. Rameen has a holistic approach to teaching yoga with a strong focus on meditation & yoga philosophy. The Sattva practice evolved from years of meditation, studies in

India and personal practice. Sattva is a state of being, an inspiration & is the state of balanced mind, so the individual can experience the authentic self. With his commitment and love for meditation & yoga he is dedicated to teaching people how to connect to the authentic experience of the self and the process of realizing their full potential.

MARCH

WEEKEND WORKSHOP • HENRI MCKINNON

March 4—7 & June 24—27

Register by calling 403.346.2871



This workshop is an opportunity to discover new pathways to profound change, to authentic freedom. Surrender the negative self-concepts that limit joy and success. Choose a life made rich with inspiration, connection and integrity. Awaken to Spirit's plan for greater happiness and fulfillment. Henri McKinnon has

been helping individuals and companies evolve and change for the past twenty years. Achieving personal excellence, transforming relationships and the practice of partnering are skills taught by Henri and his team at Insight Counselling and Training.

MAY

ANATOMY OF THE CORE • MATTHEW VAN DER GIESSEN (For yoga practitioners and instructors)

May 30 10:00—5:00pm \$120



Explore the inner dynamics of asanas as you learn to work imaginatively with the neuromuscular and skeletal patterns of the pelvis and hips. You will learn through a variety of approaches including movement and touch. You will also use the unique Maniken™ system, building muscles out of plasticine, and placing them on specialized skeletons. Matthew van der Giessen, has been an educator and practicing massage therapist for over 25 years. He has taught nationally, and has published numerous articles on massage therapy practice and education.

JUNE

PARTNER YOGA & THAI YOGA MASSAGE • LACIE

June 8 7:00—9:30pm \$30 or \$55/couple

Register at the Gardens by calling Emma 780.987.3054 ext. 2226

This workshop will be held at the Devonian Botanic Gardens in the beautiful Ozawa Japanese Gardens. You will be guided through a short partner yoga sequence that stretches the body in a supportive, fun and healing way. Learn, by giving and receiving Thai Yoga Massage techniques. A dynamic therapy for physical well being and spiritual energy. No experience necessary, come alone or with a friend. Please bring a yoga mat, blanket and small towel.

JULY

WEEKEND WORKSHOP • INTERNATIONAL INSTRUCTOR

Yogi Baba Prem Tom Beal Vedavisharada, CYI, C.ay, C.va
Founder & Director of Universal Yoga/Florida Vedic Institute

July 23 7:00 — 9:00pm \$75

Introduction to Vedic Philosophy & Chanting

July 24 11:00 — 1:00pm & 2:30 — 4:30 \$75/session or \$140 both

Kundalini Yoga & Chanting

July 25 1:00 — 5:00pm \$150

Full Moon Program



Introduction to Vedic Philosophy and Chanting

Learn about Vedic Yoga, the oldest system of yoga in written form and still practiced today. Learn how to integrate this system into your existing yoga practice. Learn about Vedic chanting with a special emphasis on the renowned Gayatri mantra.

Kundalini Yoga and Chanting

A workshop about Kundalini, its purpose, goals and teachings. Learn new techniques and mantras for spiritual growth, personal growth and wellness.

Full Moon Program

Deepen your yoga practice during the auspicious full moon cycle. Learn why this time is considered special. Learn about other auspicious times of year to deepen and intensify ones yoga and meditative practice.

Vedic Astrology Readings

(limited space, must pre pay, please contact for details)

Vedic Astrology provides insight into our karmas. Understanding our karmas provides insight into our strengths, challenges and opportunities. By understanding our karmas, we can become empowered to make more knowledgeable choices in our lives, and understand our pattern of

Join us for Karma Yoga

A community class for all levels and ages!

Friday Nights 7:00—8:00 pm

Cost: \$5 (all proceeds go directly to the Healing Seed)

Various Instructors (check schedule for dates and changes)

Where have the Karma Yoga funds gone so far?

We purchased food for the Edmonton Thanksgiving Feed which fed over 100 people, donated 35 food gift cards valued at \$10 each along with pantry food items to the Stony Plain Youth Center as there are many in need, we have had the opportunity to meet some of them. Thank you for your support!

choices that do not serve us towards achieving our highest potential. Vedic astrology offers insight into the patterns of our life, and offers techniques to attempt to balance out the energies indicated by the Vedic astrology chart. The Vedic astrology reading will include a technique to help strengthen an important aspect indicated in each person's life, and will be customized to each person.

AUGUST

ASHTANGA YOGA WORKSHOP • INTERNATIONAL INSTRUCTOR

DARBY OF MONTREAL, SATTVA YOGA SHALA

August 21 10:00 — 1:00pm & 3:00 — 5:00pm \$150



Darby's (Sattva Yoga Shala) teaching is dynamic and direct while giving students the essence of the energy of yoga. His wisdom and warmth attract a vibrant community of students who are drawn to his humor, his attentive nature and his steadfast commitment to improving each student's physical alignment. Darby gives workshops all over Europe, Canada and the United States, and spends a few months a year in Mysore.



The Healing Seed of Canada is a selfless organization that contributes locally by supplying healthy food, clothing and other items to those in need of basic necessities. In addition **The Healing Seed of Canada** also takes its services internationally to the street folks of Kathmandu. With the combined efforts of **The Healing Hands Center of Kathmandu** (founded many years ago by Rahul Bharti) volunteers are able to travel to areas where government assistance does not exist. (100% of donations go directly to the cause) www.thehealingseed.ca