

September 2008

Sanctuary YOGA and Wellness



renew and refresh! It will be a very busy season and I look forward to seeing some familiar faces and a few new ones! **Namaste, Nancy Hall**

It's back to school and our "organized" lives once again. Some big changes for me this summer came in terms of my home base now being in Thunder Bay! This allows me more time to spend with my youngest son as he winds down his high school years.

So... the good news is that I will *continue* to offer yoga on the North shore and now at Resting Frog Yoga in Thunder Bay on Mondays for 3 specialized classes. I am attending a yoga retreat early September to

A Note re: Yoga Gets Hearts Healthy

Medical research shows that regular yoga and meditation improves heart health in both individuals with healthy hearts and those with diagnosed heart disease. S. Sivasankaran, MD, discovered this while studying at Yale.

We have the chance to make a special focus on our hearts. That amazing organ, only the size of our fist, that circulates our life force throughout our body. We take our hearts for granted unless of course they call our attention by racing or skipping, or we learn about a heart health concern! The health of our heart is influenced by the activities of our body and mind in day-to-day living.

A stressed mind is a stressed body and stress is known to elevate blood pressure having a negative impact on heart health. It doesn't take years of practice to have this positive impact on heart health. Dr. Sivasankaran found that volunteers in his study had measurable improvements after just 6 weeks of practicing the yoga postures, breathing, relaxation and meditation.

Setu Bandha Sarvangasana, or bridge pose, helps to open the chest, stimulates the vasoconstrictor and vasodilator nerves that regulate the closing and opening of the arteries, and improves circulation of blood and lymphatic fluid. So roll out your mat and help your heart! (Article Compliments of Yoga for Today)



Hatha Yoga for Every Body – Multi Level

Wednesday Evenings Nipigon Class 7 – 8:15 pm

Held at the Nipigon Recreation Centre – register with Celeste

Thursday Evenings Red Rock Class 6:30- 7:45 pm

Held at the Red Rock Elementary School – register with Nancy

Join the Hatha Yoga class open to all levels from beginners on

Fall Session A - September 15th thru October 30th, 2008

Fall Session B – November 3rd thru December 18th, 2008

Fees per session: \$87.50(inc. gst) or Full time students \$70 (inc. gst)

Drop In Fee is \$15

Pay for both sessions A plus B and receive a 10% discount.

Please register with full payment ASAP to ensure class runs.

Gentle Yoga

Enjoy a shorter duration class with emphasis on your particular body challenges and increasing relaxation. This is a great class for those dealing with injury, a senior body re-entering the fitness world or even expectant moms.

Tune in, stretch and relax into your body... Smaller class sizes ensure individual attention.

Wednesday Evening Nipigon Class 6 - 6:50 pm

Fall Session A - September 17th thru October 30th, 2008

Fall Session B – November 5th thru December 18th, 2008

Fees per session: \$70 (inc. gst) or Full time students \$56 (inc. gst)

Drop In Fee is \$12.50

Pay for both sessions A plus B and receive a 10% discount.

Please register with full payment ASAP to ensure class runs.

Please Contact Nancy Hall of Sanctuary Yoga and Wellness for registration or further information on these classes at 807-285-2865,

by email: sanctuaryyoga@shaw.ca or check out my website for further information www.SanctuaryYogawithNancy.com

For other workshops, classes and private sessions that are available in Thunder Bay,

Check out www.restingfroggyoga.com

I am always open to further opportunities to share my yoga and healing work.

Be on the lookout for kids yoga classes and retreat offerings later this fall.

