

A WOMANS WAY!

YOGA HAS A VITAL ROLE TO PLAY IN EVERY STAGE OF A WOMAN'S LIFE. FROM ADOLESCENCE TO WOMANHOOD, FROM MOTHERHOOD TO MENOPAUSE AND BEYOND, A WOMAN'S BODY AND MIND UNDERGO A MYRIAD OF CHANGES, AS DO HER ROLES AND RESPONSIBILITIES.

STRESS, HORMONAL CHANGES, AND SELF-DEVELOPMENT ARE AMONG THE REASONS WHY WOMEN SHOULD STAY HEALTHY. A WOMAN'S CAPABILITY TO HANDLE STRESS, WHETHER EMOTIONAL OR PHYSICAL,, HIGHLY DEPENDS ON HER HEALTH.

FOR THESE REASONS,, THE ANCIENT MASTERS HAILED YOGA AS ONE OF THE BEST WAYS FOR WOMEN TO NOURISH THEIR OVERALL HEALTH AND WELL-BEING. YOGA OFFERS MANY DIFFERENT TOOLS TO ADDRESS THE SPECIFIC NEEDS OF EACH STAGE IN A WOMAN'S LIFE, INCLUDING ASANA, PRANAYAMA, MEDITATION, MANTRAS, CULTIVATED ATTITUDES, AND MORE.

YOGA IS A SYSTEM OF PERSONAL DEVELOPMENT THAT FOCUSES ON THE BODY, MIND AND SPIRIT. BREATHING AND MEDITATION CAN ENSURE PEACE OF MIND AND PHYSICAL WELL-BEING. YOGA MEANS 'TO JOIN TOGETHER OR UNION' AND IS SEEN AS A POWERFUL TOOL TO BRING ABOUT BALANCE AND HARMONY BETWEEN THE BODY AND MIND.

IT'S TIME WE REALISE THAT EVERY WOMAN NEEDS HER OWN PERSONAL SPACE FOR RELAXATION - AND THIS IS NOT ONLY TO RELEASE US FROM THE STRESS CYCLE BUT ALSO TO RESTORE US SO THAT WE CAN REASSUME OUR RESPONSIBILITIES.

YOGA CAN BE THE PERFECT ANSWER, NO MATTER WHICH STAGE OF LIFE YOU ARE IN. IT CAN HELP YOU TO LEARN NEW WAYS TO APPRECIATE YOUR BODY SO THAT YOU CAN FOCUS ON THE CONSIDERABLE WISDOM AND STRENGTH THAT YOU POSSESS.

THIS CHANGE IN PERSPECTIVE CAN INCREASE YOUR SENSE OF WELL-BEING AND CONFIDENCE SO THAT YOU CAN ENJOY YOUR BODY WELL INTO YOUR OLD AGE.



Shuddha Yoga

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Shuddha Yoga

Yoga for Divas



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Top Reasons to Try Out Yoga Now

HANDLE STRESS: Yogic science believes that the regular practice of asanas and pranayama strengthens the nervous system and helps people face stressful situations positively

PREVENT/ OVERCOME

AILMENTS: Studies show that yoga helps in preventing and overcoming many mental and physical ailments, including osteoporosis, cancer, arthritis, back and neck pain, hypertension, diabetes, depression, anxiety, headaches, menstrual cramps and other chronic conditions

IMPROVED HORMONAL

BALANCE: Yoga for hundreds of years has provided postures, breathing exercises, and even mantras to stimulate and balance specific endocrine functions

HEALTHY PREGNANCY AND

CHILD BIRTH The gentle toning and stretching exercises do wonders for preparing the body for caring the baby as well as delivering it. They also help in pre and post natal depression

ALLEVIATE MENOPAUSAL

SYNDROMES: Yoga can alleviate menopausal symptoms such as insomnia, depression, hot flashes, and mood swings by calming the central nervous system

IMPROVED FLEXIBILITY,

ALIGNMENT AND CIRCULATION:

Yoga improves the flow of blood to the heart, lungs and vital organs. This improves immune functioning so that your body can stay healthy and fight disease.

Class Schedule and Description

Our classes are based on a system that matches students' abilities with appropriate levels of activities and instruction. We believe that matching your current level of fitness to our instruction will make your experience of yoga enjoyable, inspiring, fun and long lasting.

A typical course for women begins with an introduction to aspects of a traditional yoga practice, including poses, breathing techniques, meditation and chanting. The focus is on basic postures, including standing poses, forward bends and twists.

Poses are presented at a pace suitable for everyone with many long-held poses to gently release tension in the joints and connective tissue.

Basic poses are reviewed and refined in an ongoing, weekly format.

Pricing (for Organizations)

\$90/hour

Registration Form

Name:

Address:

Tel. No.:

Email Address:

Emergency Contact Name:

Emergency Contact Number:

Doctor Name:

Doctor Number:

Detailed Medical Conditions:

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