

Yoga with Janaki

Fall 2008: In addition to teaching at Kitsilano's **Yoga Sukha**, Janaki will be expanding her services to East Vancouver, teaching Hatha Yoga at the **Vancouver Sivananda Centre** Wednesday afternoons at 3:15PM, followed by two classes at the **NEW Little Mountain Yoga Therapy** Studio at 29th & Main- a "Yoga Basics" course at 5:30PM,



then a relaxing Easy Flow Yoga class at 7:00PM . If you live near Victoria/48th, Main/29th in East Vancouver or 16th/Arbutus in Kitsilano, email Janaki for more details & arrange to receive a coupon for a free pass to one of her fabulous open classes - yoga@janeweitzelstudios.com Janaki has been practicing yoga for 12 years & teaching yoga for 4 years.

She is also a certified Yoga Therapist, specializing in body alignment, restorative work, plus concerns of the lower back. Consult with her about re-aligning & rejuvenating your body through yoga.

Lower Back Workshops

Experience relief from lower back pain or tightness, plus deepen your forward bends during this 6-week pre-registered semi-private yoga therapy series. Janaki holds this series 4 times a year. Each participant will receive a personalized program, furthering independence in their health management. Suitable for first timers as well as all levels of yoga experience. Email for a schedule of Janaki's next lower back workshop –yoga@janeweitzelstudios.com

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Janaki's Weekly Schedule of Yoga Classes

Mondays:

1:00PM: Lower Back Workshop Series - a 6 weeks series once this Fall - Kitsilano

yoga@janeweitzelstudios.com

3:00PM: "Restore & Explore" Yoga Therapy- Open Class - Kitsilano

5:00PM: Hatha Flow - Open class

www.yogasukha.ca



Wednesdays:

3:15PM: After School Hatha Yoga - Open

E. Van www.sivanandavancouver.com

5:30PM: Yoga Basics - a 6 weeks series

7:00PM: Easy Flow Yoga - 6-week series - East Van

www.littlemountainyoga.com

Fall 2008

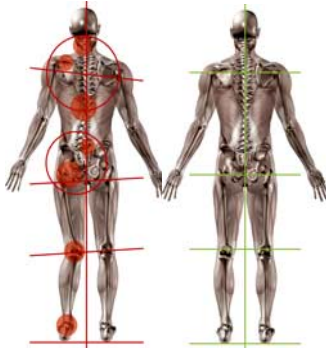
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| 31 | | | | | | |

Visit each studio's website for a current schedule.

"The Spiritual Guru sows the spiritual seed in us. It is our business to water it, to make it grow in us, so that it may yield the delicious fruit of Self-realization."

- Sw.Sivananda

Private Yoga Therapy with Janaki



The Yoga Therapy process begins with a private consultation. Here we view structural alignment, with an option for digital photography, to determine flexibility, mobility and strength. You will leave your first yoga therapy session with some practical tools to assist you in bringing balance back to your mind & body.

The second step of the Yoga Therapy process is your home practice. It will be designed, tailored to suit your specific needs & goals. At your second appointment you will be given & guided through your personalized home practice. You are encouraged to follow your home practice regularly on your way to independence in your health management. As your body shifts, so will your home practice, therefore, you are welcome to contact Janaki with any questions or concerns during your private program. Janaki specializes in concerns of the lower back. She also holds semi-private 6-week Lower Back Yoga Therapy Workshops. yoga@janeweitzelstudios.com The benefits of a private Yoga Therapy program may include, but are not limited to:

- ◆ Eliminating Insomnia
- ◆ Promoting relaxation
- ◆ Regulating blood pressure
- ◆ Reducing panic attacks & anxiety
- ◆ Increasing joint mobility
- ◆ Decreasing physical pain
- ◆ Increasing ease of breathing
- ◆ Reducing depression
- ◆ Increasing strength and flexibility
- ◆ Improving digestion

Your Health

In the quest for a healthy lifestyle, Janaki has come across some products she feels would assist others in search for the same.



In your aim for a healthy lifestyle do you still feel a little stressed from the “busy-ness” of daily life? De-stress for 1/2 hour each day on your **Amethyst Far-Infrared Bio-Mat** to re-align the body’s energy from each day.



Experience calm, peace & balanced bliss on this mat...or even give yourself full sauna detox. A 30-minute “hot” session is equal to the calorie burn of 30 minutes of rowing or jogging...and you are laying down! A 30-minute “warm” session will send you into a peaceful, calm state of mind, plus relieve any joint discomfort or “stuck” energy in the body.

As a Certified Yoga Therapist, Janaki recommends a daily session on this mat, whatever temperature you

choose. The Bio-Mat comes in three sizes: Queen for your bed; Single/Twin for the sofa and a Mini-Mat for your chair or traveling. Visit www.janeweitzelstudios.com/yourhealth for more details.

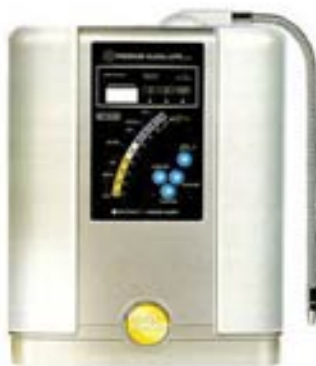
Healthy on the Inside

Supplement your diet with all the nutrition your body requires in a day with this new liquid "future food". Liquid **ViBE** provides the body with balanced nutrition for a vibrant lifestyle...plus it takes away those food "cravings". Include 30 ml in your protein shake each morning! Email & ask us for an excellent morning shake recipe utilizing ViBE.



“Serve with intense love, without expectation of fruits, reward or appreciation.”

- Sw.Sivananda



Cleanse the body with ionized water, balance the body’s PH for better health, aim for more hydration & better detoxification from your water, utilizing the **ALKAL-LIFE Water Ionizer**. You simply hook ALKAL-LIFE up to your kitchen sink, follow the guidelines and choose the buttons according to the type of water & PH level you desire.

Visit www.janeweitzelstudios.com/yourhealth for info on both these vital products.