

The Yoga Space Workshops and More!

# THE *Yoga* SPACE

Dear Yoga Space Community,

Welcome to our February newsletter where we share information about our upcoming Saturday workshops, the new teacher training session, and a studio closure for a local association workshop

[Visit Our Website](#)

## Upcoming Events

We have two upcoming Saturday workshops in February and March.

On **Saturday, February 11, 2017 at 3:30-6:00**, join Terri Damiani for an interactive workshop that will explore:

**Anahata (the heart centre) where the soul resides**

## Just in Time for Valentine's!

### Open your Heart Chakra

Join this interactive workshop exploring Anahata (the heart centre) where the soul resides.

Both breath and postures will be used to help balance this energy wheel which can be blocked or too open. Love is vital to our being, come have fun and explore how to access your heart from the asana.

No experience required.

Fee ~ \$30

February 11, 2017 3:30 ~ 6:00 pm  
The Yoga Space | 677 East 27th Avenue  
604-876-9600



And in March, Grant Richards will teach a Saturday Workshop:

## For the Neck and Shoulders

Tight Shoulders? Stiff Neck? An Iyengar yoga workshop to address ways of preparing and practising



yoga postures that result in more ease and mobility in the neck and shoulders. Appropriate for all levels of students including those with minor neck and shoulder discomfort and imbalances.



(Not suitable for those with recent or injuries or medical conditions involving the neck and shoulders.)

**Saturday, March 18, 2017**  
**3:30-6:00**

Our Saturday afternoon workshops are \$30 each, or you can purchase 6 of these workshops for \$150.

[Register for these workshops by clicking here](#)

## **Classes cancelled for Gabriella's Workshop**

Some of The Yoga Space's classes will be cancelled during the first weekend in March so that the local BKS Iyengar Yoga Association (Vancouver) can hold a workshop with Gabriella Giubilaro. This is a great opportunity for students to delve more deeply into their yoga practice. Contact the local association if you are interested in attending Gabriella's workshop:



[For more information click here](#)

The following classes are cancelled:

**Friday, March 3:** 6-7:30 (Morgan)

**All Saturday March 4 classes**

**Sunday, March 5 morning classes:**

- 9:45-11:15 class (Sharmeen)
- 11:30-1:00 class (Luci)
- \*\*\*\* Note that Jason's and Luci's Sunday evening classes are on!

**Monday March 6 morning class**

- 10:30-12 (Roberta)
- \*\*\*\*Note that the 8-10 a.m. class (Louie) is on as are the Monday afternoon and evening classes!

The fees that you paid for your winter session incorporated all of these cancelled classes.

## The Yoga Space Teacher Training Program

It is with great excitement that we welcome a new group of teacher-trainees into the Yoga Space Teacher Training Program. Entering an Iyengar yoga teacher-training program is a great way to improve your practice, learn more about Iyengar yoga, and help to spread the profound work of the great yoga master B.K.S. Iyengar.

If you're interested in teacher-training, contact us through our website at: [The Yoga Space](#)

The Yoga Space | 604.876.9600 | Email | Website

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The Yoga Space, 677 East 27th Avenue, Vancouver, BC V5V 2K7 Canada

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