

Register Now for Our Spring Session

# THE *Yoga* SPACE

Dear Yoga Space Community,

Welcome to our early Spring newsletter where we share information about our upcoming Spring Session, Saturday workshops, and the ever-popular Summer Urban Retreat!

[Visit Our Website](#)



## Register for our Spring Session

Our new Spring Session starts on Monday, April 3, 2017. Welcome the Spring with a renewed dedication to your Iyengar yoga practice!

Register now by clicking [here](#).

And make sure you do any make-ups that remain in your Winter session in the next two weeks as the Winter session ends Sunday, April 2.

## Upcoming Saturday Workshops



Join Roberta Vommaro for her workshop on:

### Developing Your Home Practice

A workshop to help students with their home practice, and to inspire students to develop a consistent home practice.

Saturday, April 29, 2017  
3:30-6:00

And Patricia Fernandes' workshop is in May:

### Beyond Gravity: Exploring Asanas of the Same Shape in Relation to Gravity

Standing, sitting, lying or upside down: work with your playful curiosity and develop insight into how asanas are the same and different depending on where you are in space.



Saturday, May 13, 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](#)

## The Summer Urban Retreat

Summer is not so far away and it's already time to plan to attend our ever-popular Summer Urban Retreat! Take this opportunity to immerse yourself in a summer practice every day for six days with Louie Ettling at The Yoga Space.

The workshop runs from Monday, July 17 to Saturday, July 22.

The general shape of each day will be:

- 8:30 am - Pranayama (and learning to sit still and upright)
- 9:30-10:00 am - Short break, bring your own tea
- 10:00 am-12:30 pm - Asana class (building on all categories of the work from day-to-day)
- 12:30 - 2:00 pm - Lunch (bring your own if preferred)
- 2:00 - 4:30 pm - Asana class (inversions and hips)

Cost: \$370

Register now to save your spot! To register for the Summer Urban Retreat, click [here](#).

The Yoga Space | 604.876.9600 | [Email](#) | [Website](#)

Like us on Facebook and Stay Connected:



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

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [theyogaspacancouver@gmail.com](mailto:theyogaspacancouver@gmail.com) in collaboration with

**Constant Contact** 

Try it free today