

The Summer Schedule, International Day of Yoga, Workshops, the Summer Urban Retreat and more!!

THE *Yoga* SPACE



Dear Yoga Space Community,

Welcome to our Summer newsletter. The Yoga Space's new Summer Schedule is out, our Saturday workshops will continue in the summer, and we are hosting a special outdoor International Day of Yoga Event in the community. You can also read about our popular Summer Urban Retreat and get advance information on the Winter Sadhana.

Happy Summer to you all!

[Visit Our Website](#)

The Summer Session at The Yoga Space



Our summer session will run from **Monday, July 3 - Sunday, September 3** and all classes will be 1.5 hours and multi-level.

This summer, for only \$145, we are re-introducing our **8-Class Summer Pass** so that you can drop-into any class this summer. If you use up your 8-Class Pass before the end of the summer, you can buy another or do individual (or several individual!) drop-ins. If you don't think you will be around to use all 8 classes in the Pass, you can also purchase any number of individual drop-ins at \$21/class. (Note that all 8-Class Passes and summer drop-ins expire on September 4, 2017.)

In the Fall, we will return to our regular system of students registering for one weekly class for a 12/13 week session so that students have a consistent and progressive learning experience.

Remember that there will be no classes from July 17 to July 22 to allow for popular Summer Urban Retreat (more on the retreat, below).

[Register for the 8-Class Summer Pass by clicking here](#)

[Register for Individual Drop-ins by clicking here](#)

Other Upcoming Events

Sunday, June 25 at 11:00 a.m.: Yoga at Prince Edward Park



The United Nations has declared June 21 to be the International Day of Yoga and at The Yoga Space we wanted to practice with, and in, our community. We're planning to shift the day slightly to a Sunday so that hopefully more people will be able to attend.

Join us at Prince Edward Park (between 21st and 22nd and between Sophia and Prince Edward in the Fraser-Main area) on June 25th at 11:00 a.m. and we will lead a free sequence of poses practised by Iyengar yogis all over the world on the International Day of Yoga.

Come join us (and hope for sun!)

Saturday Afternoon Workshops Series in the Summer

This summer we will be holding two workshops in our Saturday afternoon workshop series:

Exploring and Deepening Our Inversions with Morgan Rea

Saturday, July 8 from 3:30-6



From Standing Forward Bend to Downward Facing Dog, from Headstand (and preparations) to Shoulder Stand, inversions are an important part of an Iyengar yoga practice.

In this workshop, we will work with non-inverted poses to teach us the important actions to assist your inversions. We will also focus on preparing the body for and working with inverted poses. If you're not working with Headstand yet, come to learn preparations that will assist you to work towards this goal. Experienced inverters are also welcome to deepen your practice. Workshop restricted to students who regularly work with Shoulder Stand in class.

Urbanites Need Fresh Air with Louie Ettling

Saturday, August 12 at 3:30-6

Come to pranayama to recover from city life...

Learn how to use the poses taught in regular classes to improve breathing patterns and build a foundation for Pranayama (breath work in yoga practice).

Appropriate for those with Pranayama experience as well newcomers to that practice.



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 Yoga Space's Summer Urban Retreat
with Louie Ettling
July 17-22**

Come open up and blossom this summer at the Summer Urban Retreat.
There are only **five spots left**, so register soon to reserve your spot!

Here's what each day will look like:

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 asana progressively over six days)
12.30 - 2.00 pm: Light lunch (bring your own if preferred)
2.00 - 4.30 pm: Asana class (inversions and hips)

Cost: \$370 (tax included).

If you have not participated in the Summer Urban Retreat or in an Iyengar yoga retreat with Louie before, please contact Louie first before registering.

[Register for the Summer Urban Retreat by clicking here](#)

The Yoga Space Winter Sadhana: November 6 - December 22, 2017

Take your yoga practice to the next level by incorporating a daily practice into your life!

This year Louie will lead the Sadhana (meaning "practice") over seven weeks. Rather than working together for 40 days in a row, as in the past, Louie will lead the practice at the studio on Mondays, Wednesdays and Fridays (from 6.30 am - 8 am). Participants will receive suggestions for what to do on their own at home on the in-between days. This will be an effective way to integrate class work into building an independent home practice.

The Sadhana is open to all students. However, people who have not done a Sadhana or a retreat with Louie before need to contact her before registering.

Cost: \$210 (tax included). Registration for the Winter Sadhana will open in the Fall.

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