



Divine Light Yoga

Spring 2009

GENTLE HATHA YOGA

1.5 hours - 8 weeks \$120.00 or drop-in \$15.00

Greet the day with this gentle, moderately paced Hatha yoga session that begins with a wake-up, warm-up series of flows to plenty of breath infused asanas including Sun Salutations, continuing with postures connecting pranayama breath and a "set your day intention" relaxation.

Practice with Jan Simpson, Yoga Alliance Certified, Prana Yoga Teacher's College.

Monday mornings from 8:30 am - 10:00 am May 4 - June 22
Wednesday mornings from 8:30 am - 10:00 am May 6 - June 24

YOGA FOR EVERYONE

1.5 hours - 8 weeks \$120.00 or drop-in \$15.00

You can do this class even if you don't consider yourself flexible! Even if you can't touch your ankles you can still do a full class. This is a beginner friendly Hatha style yoga class that concentrates on BREATH and RELAXATION. You get all the benefits of yoga, but without having to turn yourself into a pretzel.

Develop strength and flexibility without force, allowing your nervous system and mind to relax while your body moves through the postures. Practice with Jan Simpson.

Monday evenings from 5:30 pm - 7:00 pm May 4 - June 22

YOGA FOR STIFF GUYS (KASHI INSPIRED)

1.5 hours - 8 weeks \$120.00 or drop-in \$15.00

Emphasis and time spent on warming up, strengthening and stretching. Learn the difference between the good sensation of a stretch and pain. Emphasis is on "steady" and "comfortable" with focus on breathing and relaxation. No pain...no pain, zero tolerance. Practice with Jan Simpson.

Wednesday evenings from 5:30 pm - 7:00 pm May 6 - June 24

Information / registration contact:

Jan Simpson @ 604-932-5637 or email @ jansimpson@telus.net

or visit www.jansimpson.com. Location: 3138 Tyrol Crescent, Whistler.

"Happiness is when what you think, what you say, and what you do are in harmony." Mahatma Gandhi