

Mindful Yoga Course

with Misha



About Misha:

Misha Gitberg is a student of Yoga & Buddhist Contemplative traditions as well as a psychotherapist. He has trained with Yoga and Buddhist teachers in North America, India and Thailand, and is currently exploring ways to bring his understanding of mind-body connection into his professional and personal practice.

Dear Friends,

You are invited to take part in Mindful Yoga Course in James Bay this April and May!

Over the period of 6 weeks we will practice Mindful Yoga in a small group. Mindful yoga is ideal for those who want to experience yoga as a spiritual practice, not merely as a physical workout.

In this style of yoga, the work with the mind is as important as working with the body. The result is a deeper experience of mind-body connection, inner peace and health.

Dates: 6 sessions in April/May (April 22, 29, May 6, 13, 20, 27)

Time: Thursdays, 5-6:30pm

Location: Church of Truth, 111 Superior st., James Bay

Fee: early bird - \$70 (if paid before April 8), regular fee \$90

Contact Info: www.soulstir.net,

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Prerequisites: curiosity about yoga- no previous experience is necessary.

This class will provide learning opportunities for both, novice and experienced students.

Class size is limited to 12 people to facilitate individual attention to students. Please register early to reserve your space.

All ages are welcome.

Namaste,

Misha