

# YOGA

*Studio Zen*

[www.studiozen.ca](http://www.studiozen.ca)

## FALL IS APPROACHING

We are officially a few weeks away from re-opening. Spaces are filling fast, so book today.

Get ready for fall or prepare for the final phase of 2022 with time and space to heal, renew and integrate.

We can't wait to see you all.

**Join Instructor: Annalisa**



## WHAT IS CHAIR YOGA?

**Chair yoga** is a gentle form of yoga that is practised while sitting in a chair, or using the chair as support.

When the need to balance and stabilize is removed, you can go much deeper into each posture. The instructor offers variations for all abilities. You might find yourself surprised at how adaptive it can be for your body.



Laughter yoga involves a series of movement and breathing exercises to promote deliberate laughter. It's used as a remedy for physical, psychological and spiritual ailments. Advocates believe that intentional (simulated) laughter can provide benefits equal to those of spontaneous laughter.

Laughter yoga will help lift your mood, reduce stress, strengthen your immune system, increase energy levels, improve your quality of life, and help you better manage hardship.

Learning to laugh on cue can help you deal with stressful situations by promoting optimism and positivity. Since you cannot always rely on external influences to make you laugh, learning to laugh on your own can be a valuable tool. It is also believed to help you better manage stress through controlled breathing. This allows for greater uptake of oxygen, which activates the parasympathetic nervous system, your body's natural relaxation system.

Let's giggle our way to better health! For more details on scheduling your group soon. Please email [annalisa@studiozen.ca](mailto:annalisa@studiozen.ca).

## CAN I PRACTICE MINDFUL OR LAUGHTER YOGA IF I HAVE CHRONIC PAIN OR A MEDICAL CONDITION?

It is always important to discuss Mindful or Laughter Yoga with your physician before trying a class. Mindful Yoga is extremely beneficial to alignment, stretching and strengthening and can prove to be very helpful for chronic and temporary conditions.

Please consult your physician and notify your instructor before class of any current ailments.



Our goal is to offer you the most unique, passionate and knowledgeable instruction to guide you through creating your own at-home practice. Our hope is for you to receive more than just physical exercise. We have personally witnessed the profound transformations that can occur when we change both our body and our minds together.



Contact:  
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## DO YOU OFFER ONE-ON-ONE CLASSES? IF SO, HOW DO THEY WORK?

Typically, one-on-one home programs are created to suit your needs and abilities. We start the process with a half-hour consultation and build on the basics and progress gradually. The program can include a personalized mindful yoga practice, relaxation techniques and breathing exercises that will help you to manage stress and pain, and can be completed on your own time.

Weekly, bi-weekly and monthly sessions can be scheduled.

Please email [annalisa@studiozen.ca](mailto:annalisa@studiozen.ca) for more details.

## HEALTH & WELLNESS

### I'm not flexible, can I do Mindful Yoga and Meditation?

Yoga is actually most beneficial for those of you who are not flexible. The most common feedback Studio Zen members give is how they are able to touch their toes for the first time in years! Come as you are and enjoy the process of doing something good for your body and mind.



## MINDFUL THOUGHTS

"Yoga begins right where I am - not where I was yesterday or where I long to be." Linda Sparrowe, author, mentor

