



Upcoming Events

- My first Yoga Retreat in Ireland Sept. 13th-20th in West Cork. Retreat includes Yoga, Bike Adventure Day, Surfing, Hiking and Organic Vegan Meals.
- Another Fall Restorative Retreat at Shanti on Wolfe Island, Ontario Nov. 28th-30th. Yoga, Morning Fitness, Organic Vegetarian Meals, Infrared Sauna session, Massage and more!!
- Back in beautiful Costa Rica January 20th-29th 2015 to facilitate an eye opening vitality Yoga Retreat to include Yoga, Hiking, Zip-lining, Surfing, Raw/Vegan Organic Meals, Massage & Reiki

Summer in PEI

I had an incredible summer in PEI with my family. While my husband was working, I experienced East Coast hospitality, enjoyed PEI's beautiful beaches and their fresh seafood. I even got to teach yoga and train some locals!

Before coming back to teach in Ottawa for the fall, I will be heading to Ireland to lead a 7 day Adventure Yoga Retreat in West Cork. I will also get to spend some time with my husband's family who live there.

I'm looking forward to familiar faces when I get back to my classes!!



photo by Brian Garson of
Jet Black Hair and Studio

My Fall Public Classes

Mondays: @ OSCC Sept. 29th-Dec. 8th (no class Oct. 13th)

- 12-1 pm Hatha for Hips, Back & Shoulders
- 6-7 pm Iron Core Yoga
- 7-8 pm Yoga For Athletes

Tuesday:

- 12-12:45 8 week Outdoor Bootcamp starting Sep 30th @ Parliament Hill
- 6-7 pm Barefoot Bootcamp @Glebe CC
- 7-8 pm Hatha for Hips, Back and Shoulders @ Glebe CC

Wednesdays: @ OSCC Oct. 1st-Dec. 3rd

- 6-7 p.m Iron Core Yoga
- 7-8 p.m Yoga for Athletes

Thursday: @ Pure Yoga

- 4:30 Power
- 6 pm Vinyasa Core

Friday: @ Pure Yoga

- 12 p.m Power

Saturdays:

- 8:15-9:15 Core Yoga-Dec. 3rd @ OSCC Sept. 27th-Dec. 6th
- 10 am Vinyasa Core @ Pure Yoga

Easy to make health snack ...

Chocolate Peanut Butter No-Bake Protein Bars (Vegan & Gluten-Free)

Ingredients:

- 3 cups gluten-free rolled oats, blended into a flour
- 1 cup protein powder (I used a mild vanilla pea protein)
- 1/4 tsp sea salt
- 1/4 tsp cinnamon
- 1 cup peanut butter (or use any nut butter of your choice)
- 1 cup maple syrup (or use honey if you'd like)
- 1/3 cup dairy-free chocolate chips or raw cacao nibs



Directions

1. Stir together oat flour, protein powder, sea salt and cinnamon.
2. Add in peanut butter and maple syrup, stirring well to combine. Mixture will be rather thick and dry. Add in a splash of almond milk if necessary.
3. Stir in chocolate chips or raw cacao nibs, distributing evenly.
4. Press the mixture into a wax paper-lined 9x13 pan, using a rolling pin on top to smooth if necessary.
5. Place in freezer for about 10 minutes for bars to harden up. Remove and cut into 20 bars.
6. To store: Wrap each bar in plastic wrap and store in freezer in a container or air-tight bag.

Exciting to share my Body and Balance men's tee shirts and women's tanks/tees with everyone. Check my website for price, styles and to make a purchase!

