



photo by Brian Garson of  
Jet Black Hair and Studio

## Upcoming Events

**Women's Wellness Retreat** May 9th-11th  
at Shanti Retreat on Wolfe Island,  
Kingston, ON~Bring your Mom, Sister(s),  
Friend(s) or come solo to celebrate  
Mother's Day weekend

**Journey to the Heart of Akhanda Yoga**  
with Yogi Vishvketu. May 18th 2:30-5:30  
p.m at Glebe Community Centre~3-hour  
workshop with the beloved Vishva (my  
first Yoga Teacher!).

### My Spring Public Classes:

**Mondays:** Rejuvenating Hatha 12-1 p.m  
Iron Core Yoga 6-7 p.m Yoga For  
Athletes 7:15-8:15 pm (pre-register @  
OSCC\*)

**Tuesdays:** Outdoor Spring Bootcamp  
Session 5:30-6:30 (10 week session or  
drop ins welcome), Hatha for Hips, Back  
and Shoulders 7:30-8:30 pm (pre-  
register @ OSCC\*)

**Wednesdays:** 6-7 p.m Iron Core Yoga,  
Yoga for Athletes 7:15-8:15 pm (pre-  
register @ OSCC\*)

\*pre-register for 10 week yoga sessions  
@ [http://www.oldottawasouth.ca/  
index.php/programs](http://www.oldottawasouth.ca/index.php/programs)

**Thursdays:** 6-7:15 p.m Vinyasa Core, Yin/  
Yang 7:30-8:30 pm (Pure Yoga Ottawa)

**Fridays:** 12-1 pm (Pure Yoga Ottawa)

**Saturdays:** 10-11:15 a.m and 12-1 pm  
(Pure Yoga Ottawa)

### New Outdoor Bootcamp Session

starting April 15th-June 17th (10  
weeks) 5:30-6:30pm ~Cost \$100 for 10  
weeks or \$15 for Drop-Ins. Register at  
[www.bodyandbalance.ca](http://www.bodyandbalance.ca) ~ Meeting in  
front of Parliament Hill each week

## Happy Spring Yogi's!

Here we are at the end of a very long winter; the  
sun is out just a little bit later, we're peeling off  
the winter layers and their's that certain "je ne  
sais quoi" spring scent in the air ... Spring has  
sprung. March 20th (Spring Equinox) officially  
marks the first day of spring and I cannot wait  
to soak up all the health benefits this season has  
to offer. Here's a few of my favorites:

- Daylight!
- Warmer Temperatures=more time outside!
- More motivated to move!
- Fruits and Veggies are at their prime!
- Detoxing our homes and bodies with some spring cleaning inside

## Spring Cleanse Smoothie

- 1 cup of water
- 5 leaves of kale
- 1 ripe pear
- 1 organic green  
apple
- 1/2 organic banana
- 1 tablespoon of fresh  
lemon juice
- 1 teaspoon of grated  
ginger



"Just wanted to thank you again for the  
retreat you held, the retreat turned my  
life around completely and thanks to the  
experience I had, I am the healthiest I  
have been in a very long  
time."~Christopher Halley, Ottawa

## Favorite Quote

"Eat the energy you want  
to become"-Deanna  
Minich.



Costa Rica Retreat  
Jan, 2014