



**Starting on 11th October**

Hello, I am pleased to introduce myself. My name is Carly Thomas, I am from the Prairies of Canada. I found my way into the world of mindfulness through child and family support work. While working with families from all walks of life dealing with a variety of challenges such as addiction, mental illness, and domestic violence to name a few. I realized on this journey as a support worker that the only way a change can happen is through people becoming aware of their situation, needs and themselves. I was able to see the transformative effects it had on the people I was working with which was a truly inspirational experience. I am now an avid believer in mindful living which brought me to yoga, Reiki and meditation. I have been practising yoga for nine years. I am a certified Reiki practitioner, Reiki is a form of energy healing from Japan. I studied yoga in Rishikesh India, the birth place of yoga. I received my RYS-200 hour

Yoga Alliance certification, at Vinyasa yoga academy, in Hatha and Vinyasa yoga. Above all I believe in a loving, compassionate and non-judgmental approach in all human interaction. I believe building mindful and spiritually, emotionally aware communities is the key to a better world.

Mindful yoga is a class that uses yoga to create a more mindful approach to life which was actually yoga's traditional and original purpose. In this specific class, we will flow mindfully through a sequence that will encourage us to reflect and create strength, balance, and flexibility in both the body and the mind. This class will be suitable for both the beginners as well as the long time yogis. We will move through the sun salutation, Hatha asanas (physical movement), Pranyama (breathing), Kriya (cleansing) and meditation, where we will begin and end in silence.



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