



Welcome to Studio 2 for Yoga and Wellness

New Members



Take advantage of our New Members Special!

Are you new to the studio?

Enjoy 1 week of Yoga for \$25.

*this offer does not apply to those who attended yoga during our Grand Opening (august 19-31)



Investment:

Single Class: \$16

5 class pass: \$75

10 class pass: \$140

20 class pass: \$260

*5 and 10 class passes expire 3 months from purchase date

*20 class pass expires 6 months from purchase date

Help me, I'm falling!

Do you feel that way? Like you're helplessly falling into the same negative behaviour and you cannot seem to get out? The energies around you are changing at a faster rate now. Remember what the journey has in store for

Dear friends,

Fall is my favourite time of year. Mother Nature begins to shed her greenery, and the colors are beautiful! I find myself longing to be outside now more than I ever do in the hot summer days. With that ever changing cycle of Mother Nature, comes the ever changing energies within ourselves and those around us.

The only constant thing in life is change, so once again, we have some studio changes. As one door closes, another one opens. As the leaves of the trees turn color and fall to the earth, their energies change and the leaves begin to compost into the earth and form new energies. With that, we have two new energies entering the studio, and one old one leaving.

We have an exciting workshop planned with Ram Vakkalanka. He will be teaching the Yoga Sutras, the TRUE meaning of yoga. I know a lot of you are searching for answers, you might want to check out this workshop in October.

The November schedule will be reduced from November 8th to 18th as I teach yoga to the grade 10 and 11 students at GDHS. I think it's important to touch as many young souls as I can with yoga, so I don't ever miss an opportunity to teach at the school. The reductions are listed below and will be indicated on the downloadable schedule on the website.

If you find that you're tired, lethargic and have no energy, remember it is a time for bodies and seasons to change. Keep yourself well hydrated and do yoga to stay centred to boost your immune system. Remember: it's all energy and if you don't let it go now, you'll end up getting a cold or the flu. Why not come in for a treatment? As part of these 'new energies' coming into the studio, Lee Anne has opened up Saturdays to do Thai Yoga Massage, Qi Healing or you can book a private session with her. See below for details.

I will be adding new features to the website such as downloadable mini routines, MP3 of classes I've been recording and am in the process of shooting 2 new DVD's that will soon be for sale on the website.

Namaste,

Noelle Cormier, Director, Studio 2 for Yoga and Wellness

New Energies and November Schedule

Welcome back to the studio: Mary Kay Amos and Cameron Seaton Buy

Mary Kay will be taking over on Thursdays at 6:15pm (beginner) and 8:00pm (Vinyasa/Power Yoga) starting October 13th.

Cameron will be taking over Tuesdays at 6:15pm and 8:00pm starting in November.

These changes come as we say our good-byes to Cara who has decided to focus her energy on her Massage Therapy practice in Guelph and Oakville. Cara has been with me for over 4

you this year: to first remember (you need to dis-remember in order to re-remember), to reconnect with your true authentic self, and to dis-associate with those who want to cast their shadow upon your light.

Sometimes I feel like I'm falling out of sync with it all. Like the lesson is too hard to learn, and life is just too damn hard to live.

I feel like I'm the only one putting in the effort, and no one around me is changing, no one else seems to be shining their light. Then, I realize that it's all okay. It is all as it should be. My energies are changing, my leaves are falling to the ground. I look out at my maple tree each year and watch it turn colors, then the leaves fall to the ground, but not all of them. Some stay clinging to the branches, they turn brown, dry out and wither. The ones on the ground change form and add to the beauty and lustre of the tree as it does every spring when the buds come out, and the leaves start to grow and everything is green again.

Did those leaves just disappear? Are they forgotten? No, they helped nourish the ground and the earth so that the tree can flourish in the spring again.

And they cycle of change continues.

The lesson here is honor the change, to be true to yourself and allow the other person to be true to themselves. They're not ready to let go of the branch, they are afraid to 'fall'. If your energies **are** in alignment, you will experience peace and harmony. If your energies are **misaligned** (with another), it may be time to let go of the relationship.

It's a time, literally (in astrology) where the planets that rule the ego and the heart are in alignment with self worth and letting go. The planets of relationships, and the theme in the next few months will be to make a decision, take action and breakthrough or break free.

Let go of your branch, let your energies change and do what you truly believe will shine the light in your heart. You cannot turn on anyone else's light, but you can definitely shine

years, when the studio was in my house and she has been a huge support system. Cara will not be forgotten, as she is still on our substitute list. Cara's last day is Tuesday October 18th.



November 8 to 18 schedule changes

**Tuesday Nov 8th: the 9am class is cancelled
Wednesday Nov 9th: 8:30am is cancelled, 10am is pushed back to 10:30am
Thurs Nov 10th: 8:30am is cancelled (we have a 7am class)**

**Monday Nov 14: 1:30 class is going to be pushed ahead to 12:30 pm
Tuesday Nov 15: 9am class is cancelled
Wed Nov 16: 10am is pushed back to 10:30am
Thurs Nov 17: 8:30am is cancelled (you can come to the early 7am class instead!!!)**

*regular schedule resumes Nov 18th.
You can download the schedule online at <http://yogabynoele.com/schedule.php>

Treat Yourself

30 minute Quickie Energy Balance

Using a hands on/off approach, energy is moved throughout the body using various techniques such as hooking up meridian points, spinal flush massage, deep breathing and total relaxation. Each session is unique: you never know what you're holding on to!

This treatment is done fully clothed and requires no oils or lotions. \$45 for 30 mins

Thai Yoga Massage

Thai Yoga Massage (aka Thai Massage or Traditional Thai Massage) is an ancient bodywork therapy that creates a healing/balancing experience by blending: gentle rocking, deep stretching, rhythmic compression, shiatsu, reflexology, yoga postures and breath work. This type of massage will leave you feeling invigorated and energized! Massage is performed on a floor mat with client fully clothed.

Ancient Qi Gong "Fa Qi" Healing ("Fa Qi" means projecting qi out from the healer's hand)

Ancient Qi Gong "Fa Qi" Healing (aka Qi Healing) is a "no touching" method of clearing and balancing one's energy quickly and safely. The practitioner collects and circulates universal qi and projects it out from his/her hands to provide healing to the client. Qi Gong techniques are also taught for home practicing to aid in self healing. Some benefits of Qi Healing: increased energy, reduction or elimination of pain, reduction of stress and an overall sense of wellbeing. The healing is performed on a massage table with the client fully clothed.

Appointments are available Saturdays at 11:30am and 1:00pm.

\$80 for an hour treatment or \$45 for 30 mins.

Private Yoga, Qi Gong and Nia sessions can be booked with Noelle (yoga) and Lee Anne (qi gong and nia). Call for appointments and rates.

your light brightly so that all can see. And maybe, just maybe, the winds of change will blow gently through the tree, and all the leaves will fall to meet you on the ground where you will all stand in your truth together.

(astrology information courtesy of Dale Osdechuk)

namaste

Noelle Cormier

Sample mini routine:



Three Thumps:

When you want to quickly boost your energies! It's better than a jolt of caffeine:

Tap the K27: the 27th point on the Kidney meridian. It's the 'junction box' where all the other meridians meet. Tap when you feel drowsy or have difficulty concentrating. It will help you focus and energize!

Tap your Thymus Gland: Thump the area of your chest where you would thump a 'tarzan' thump.

This will stimulate all your energies, give your immune system a boost and increase your strength and vitality.

Tap your Spleen Neurolymphatics: about 4 inches below your armpit and forward of the seam of your shirt, find a tender spot between your ribs and tap. This is the central point to the function of your immune system and will help balance your energy levels, strengthen your immune system, remove toxins and fight infections. Also good to tap if you are giving a speech and you 'forget your words' as it's also the junction for assimilating (food and words).

October Workshops

Eight Steps to a Harmonious Life: an exploration of the Yoga Sutras of Patanjali

Friday October 21 5:30pm-8:30pm

Yoga is a system of philosophy as well as a discipline of practical application at the same time.

Yoga invites us to expand our hearts, rise above mundane existential limitations and discover the unlimited Divine Essence inside of us. The ultimate goal of Yoga is to help us live in perfect harmony with everything and everyone around us.

The Yoga Sutras of Patanjali are a perfect starting point for anyone looking to expand their Yoga practice beyond the mat and explore the philosophy behind the postures.

In this workshop, we will be exploring six most ancient philosophies of the world, zoom in on Yoga, its' history, the four levels of individual Consciousness, the eight limbs of Yoga proposed by the Sutras and how they lead to a life perfectly harmonious with everything and everyone.

Cost: \$55 (includes tax)

Sacred Vibrations of Sanskrit

Friday October 21 8:30pm-10:30pm

Sanskrit is a living language of ancient origins. In fact, Sanskrit is Yoga in linguistic form.

Sanskrit is also the language of powerful and purifying Mantras and chants, whose accurate pronunciation can lead to many physical, mental and spiritual benefits. Sanskrit is said to be the Mother-language of all Indo-European languages including English. Learning Sanskrit can be a fulfilling experience and adds richness and authenticity to the yogic way of life.

This workshop covers basic spoken Sanskrit, the meaning and authentic pronunciation of Yogic postures, some Mantras and chants and an intro into the Sanskrit alphabet.

Cost \$35 (includes tax)

BOTH WORKSHOPS: \$80 (includes tax)

