



The Yoga Centre of Burlington
541 Brant Street, Studio 1
Burlington, ON
L7R 2G6
www.yogaburlington.ca
Email: ycob@yogaburlington.ca
Phone: 905-639-6138



YOGA for Weight Management **With Margaret O'Grady E-RYT, Relax and Renew Trainer®.**

Yoga for Weight Management is a yoga program designed for those of us who have faced a weight challenge. Whatever the challenge, whether you are overweight, underweight or even currently balanced in your weight – this 10 week session will help you manage your relationship with yourself, your body and food.



In this program you will;

- Experience various approaches to asana and pranayama practice that assist in weight management and overall health
- Discover how the yoga practice supports the nervous system and the endocrine system (especially the pituitary and thyroid glands) and their essential role in weight management.
- Begin to use the principles of yoga to repair your relationship with weight, food and self
- Discover many ways that yoga can help boost your overall discipline and self-esteem and establish a strong healthy relationship with yourself
- Learn guidelines to develop your home practice

This practice is suitable for any fitness level.
Modifications will be given for people dealing with physical limitations
(Call ahead if you are uncertain).

No yoga experience necessary.

This session always fills up, in order to reserve your spot please submit your payment as soon as possible.

Full payment is required to secure your spot.

Classes are non-refundable, non-transferable and cannot be carried over.
Sorry no drop-in available.

Private Sessions also available – call or email to schedule.

To register please call the Yoga Centre of Burlington at 905 639-6138 or drop in at
541 Brant Street to sign-up in the office. We now accept

