



## Foundation and Restoration yoga: together for the first time !

**Iyengar Yoga** This innovative progressive level 1-2 beginner program will be taught by two certified Iyengar instructors, Corinne Skrobot (Reg. Physiotherapist) and Dhana Musil. It is unique, as for the first time, it offers both Foundation and Restorative work, presented on alternating weeks.

The benefits of the Foundation program are: Stability Mobility Strength and Alignment.

The Restorative program teaches the concepts of Relaxation and Restoration of the nervous system.

An integral component of the Restorative program is the learning of the powerful Pranayama breathing (the art and science of breathing) through a series of supportive postures in a quiet relaxed attentive way.



**Instructor:** Corinne Skrobot

With 21 years experience as a Physiotherapist, Corinne brings a unique blend of experience to her instruction as a certified Iyengar Yoga teacher. Her teaching style is passionate and direct as she combines both disciplines to provide an integrated approach to healing. Visit [www.skrobot.ca](http://www.skrobot.ca) for details of background and services.



**Instructor:** Dhana Musil

Dhana is a certified Iyengar yoga instructor. She has been practicing Iyengar yoga since 1990, and teaching it to adults and children since 2000. Dhana has a strong background in anatomy and first aid, and holds a Bachelor of Science in Applied Nutrition. Visit Dhana's website: [www.dhana.ca](http://www.dhana.ca)

**Location:** Trimetrics Physiotherapy Clinic

**Dates:** Wednesdays: 7 – 8.30 pm January 11 – March 14 (10 weeks)

**Fee:** \$ 300 + tax ( \$ 25 /class ) Term based only. No refunds for missed classes. Class limited to (8) participants for optimum attention to details. Bring own yoga mat to each class. All other equipment supplied. Interested students with medical conditions MUST provide a doctor's note.

Call Trimetrics Physiotherapy Clinic to reserve your place with full payment. Visa or MC accepted. Please visit [www.trimetricsphysio.com](http://www.trimetricsphysio.com) for further information, (map, parking etc) E mail [info@trimetricsphysio.com](mailto:info@trimetricsphysio.com) with your questions.