

Jun 29th, 11:00 AM - 1:00 PM

Workshop: Yoga Resonances

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Yoga Resonances

Instructed by Natalie Saari, ACSM CCES Kinesiologist and Therapeutic Yoga Specialist

Accompanied by Rob Gretsinger on gongs

Coordinated by Lisa Cooke

Loosely translated from Sanskrit, yoga means union. It does not mean bending our bodies into seemingly impossible positions with our feet behind our heads. Rather, it refers to an embodied practice of being that seeks to unite our minds, bodies, and spirits.

Near the end of our time together at TEFI 9 in Kamloops, we wish to invite those interested to join us for a practice-based yoga experience which offers an opportunity to reflect on the our time together. We are gathering in Kamloops to consider potentials in ‘the disruptive power of caring’—for ourselves, our students and colleagues, our communities, and the earth. This gentle, accessible yoga session, led by a wonderful and highly experienced licensed yoga therapist (herself a teacher of teachers, and a specialist in working with people whose bodies give them challenges), offers a way for us to move our conversations from words into our bodies and to mediate on the vibrations resonating from our time together during this conference.

No one will be asked to put their feet behind their heads, and all bodies are absolutely welcome. The session is appropriate for first-timers and for those who practice regularly. Our goal is simply to pause for a moment to consider the disruptive power of caring in an embodied way.