



angela farmer & victor v. kooten

the path towards inner awareness

february 20th and 21st , 2010

It is with great pleasure and joy that Lyne welcomes you to an unforgettable yoga practice with Angela Farmer and Victor Van Kooten, two widely known masters who have deeply inspired her and continue to do so.

open to all : saturday 9 am to 12 pm & 14 pm to 16 pm and sunday from 14 am to 16 pm

In this workshop, Angela and Victor shall bring you to a taste of their approach to yoga, through which we free ourselves from methods that cling to a specific style, or a "right way to practice". Instead, they will be guiding you towards a more internal awareness, listening to your body's physical and emotional needs so as to unwind old holding-patterns, trauma and injury by connecting with yourselves at ever deeper levels. At the same time are used visualisation techniques that help to direct energy outside your physical borders. This whole process creates internal space and the freedom that brings greater calm and an opener mind.

for yoga teachers and students in teacher training : sunday from 9 am to 12 pm

As teachers, Angela and Victor look for ways in which their students can feel both safe and free to explore their own potential. In this workshop, they shall focus on how a "hands-on" approach to yoga can help both teacher and student to connect and communicate as, together; they open to and discover the endless possibility of a pose.

For more information regarding Angela and Victor, please visit their website at www.angela-victor.com.

price for Saturday and Sunday afternoon: \$ 245 including taxes / english workshop
price of the Sunday morning: \$ 95 including taxes / english workshop

information and registration :
Studios Lyne St-Roch / (514) 277-1586 / www.lynestroch.com

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