embrace the senses

Join us for a 2 hour blissful Yoga class including various massage styles from a Registered Acupuncturist and a Certified Yoga & Pain Therapist while seated in Yin/Restorative Postures | Treat yourself to an evening of soothing yoga accompanied by the gentle healing modality of therapeutic touch and massage | EMBRACE each of YOUR five SENSES

WHEN WHERE

TWO OFFERINGS:

AUGUST 29 2021 & SEPTEMBER 19 2021 from 6:30 – 8:30PM
at RVN WELLNESS, 2506 St Johns Street, Port Moody, BC

PRICE: $50 per person

REGISTER: Online by Aug 25 or Sept 15 with either UphillAllTheWay.ca or https://rvnwellness.com

WHAT TO BRING: Water Bottle, Towel or Blanket, Yoga Mat and wear Socks.
*Most of all bring your best positive self and Gratitude for the practice of Self-Love

CHERYL UPHILL

cheryluphil

International Certified Yoga & Pain Therapist, MeD, E-RYT 500, YACEP, C-IAYT, PIDP. With 25 years of being a Sensei & competing internationally in Sport Karate, Cheryl's grounded sun/moon energy infused with enthusiastic passion brings a well balanced relaxed blissful experience. Just as Karate became a way of life so did the healing practice of Yoga Therapy teaching the Mind, Body, Spirit Self Developmental model with tools to all who cross her path. cheryl@uphillalltheway.ca | www.uphillalltheway.ca

DR. DWAIN DOUGAN

Dr.Dwain Dougan, Registered Acupuncturist and Doctor of Oriental medicine. Dwain has been practicing in BC and in Europe since 2001, specializing in systems of Ayurveda, medical Qi gong with the seven static style. His massage style works on Qi - the pathways (scrotas/meridians) that transport vital energy throughout the body. Thus encouraging the free flow of Prana energy and the removal of toxic blockages and inflammation.

MAIK (MUNI) FROSCH

Guest Music Therapist,
Specializes in private and group classes with Eastern instruments in Kirtan and the stringed instruments.