

BOING BOING is Back!

Friday April 25, 2014 5:15pm – 7:15 pm \$35 per person

Don't let the name scare you away! Jane Ellison is returning to Cranbrook to deliver a workshop in partnership with the College of the Rockies and Exhale Yoga Studio. This 2 hour experience is physical, spiritual, earthy, and fun. Jane has developed a clear narrative that guides you through safe, grounded, and energizing connection with your body. Each class is a variation on these essential elements:

- The warm-up phase is designed to loosen your joints, warm your muscles, and establish core support.
- The cardio workout is next, a joyful dance party (affectionately called Boing). The music is eclectic and irresistible. The dancing is as gentle or as intense as you choose, with no set choreography.
- At the end of the class, Jane guides you through breath and body-mind awareness. This cool down phase is grounding and centering experience. The class concludes with strengthening and stretching exercises that are profoundly satisfying.

This class is beneficial to all ages and levels of fitness. We will be hosting Jane in April and in November, 2014. If you would like your name on the interest list, call 250-489-2751 ext 3242. Space is limited and this class will sell out!

Saturday April 26, 2014 9am – 12 noon \$55 per person

Saturday will be a development from the Friday class (but can be done separately.) The focus will be on finding support from the earth, the pelvic floor and the core, to give a greater range of safe movement and to make standing and balance postures more stable and radiant. We'll use a skeleton to help facilitate understanding and visualization of support structures. And there will be dancing, there will be fun!

**Please bring your own yoga mat & water.
Sign up for both classes and SAVE \$15 per person!**



**To register contact Continuing Education at
250-489-2751 ext 3242 or email CranbrookCE@cotr.bc.ca**

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Now!



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