

2024 Westman YOGA Festival

OCTOBER 5

9 AM - 4 PM

KEYSTONE CENTRE

For all abilities
ages 18+
\$50 + GST

8 Concurrent Yoga Sessions



- Trauma Release
- Yoga for Back Strengthening
- Inside Flow
- Yoga for Weight Management
- Yoga Nidra
- Chakradance
- Slow Flow/chakra/Yin for Fall Equinox
- Restorative

Registration deadline: September 27

✉ mhellyer@pmh-mb.ca

☎ 204-578-2196

REGISTER



Join **DEBBIE HUNTINGHAWK** for
Group Welcome Circle/Blessing
as part of the
Westman YOGA Festival



Respected knowledge keeper, Debbie Huntinghawk, will lead us in a group welcome circle/blessing to open the 2024 Westman Yoga Festival.

Join **DOREEN DELGATY**

as part of the

Westman YOGA Festival



Trauma Release

This class will be trauma sensitive techniques including pranayama (breathing techniques), Asanas (poses), and awareness of what is going on in our bodies, the Polyvagal Theory and how yoga helps activate the vagus nerve for healing. I encourage everyone to join in and practice at their own level.

The Essence of YogaFit is encouraged: Breathing, feeling, listening to our bodies, letting go of competition, expectation, and judgment, and staying in the present moment.

Bring: 2 blocks or YogaFit eggs and a blanket

Yoga for Weight Mangement

This class will deliver tools to strengthen your body using poses, cardio, and boosting metabolism, as well as use of breathing techniques and mediation (which results in decreased inflammation and increased mental performance). The goal is to achieve a stronger mind, body and spirit. Participants will let go of expectations, competition and judgement of ourselves and others. Let's honor our minds and bodies, after all, it's the only place we have to live!

Doreen has Bachelor of Teaching and Bachelor of Special Education degrees and was a teacher for 22 years. After many years of hard labour working on the family's grain farm, which caused so much physical pain that she believed she would be wheelchair bound by age 50, she discovered the benefits of yoga. Yoga and natural health trainings helped her regain her self-worth and self-esteem. She continued her studies and completed E-RYT200 and RYT500, and now she has over 1200 hours of specialized trainings with YogaFIT and Yoga International. Doreen is certified with Yoga Alliance, and the International Association of Yoga Therapists. She is a trained Trauma Instructor through YogaFit Worldwide Training Systems, as well as a Certified Yoga Therapist with the International Association of Yoga Instructor Doreen travelled to Thailand for further trainings in 2018. She is a certified Ayurveda 100 hour Lifestyle Coach, and has the 100 and 140 hour Warriors Certificates. She is also a certified Natural Health Consultant and Iridologist. Doreen is a cancer survivor of 14 years. She loves sharing what she has learned with others. Her goal is to help others be the best that they can be, mentally, physically, and spiritually.

Join **JODIE CANART** for
Yoga for Back Strengthening
as part of the

Westman YOGA Festival



In this dynamic, all levels friendly practice expect a fantastic variety of accessible asanas and sequences that will challenge the core, twist the spine and open the hips safely and comfortably.

Jodie cannot wait to twist (and maybe shout, lol) with YOU!

Born and raised in Brandon, Jodie is a wife and mom of two kids, who works as a Career Development Consultant with the Prov of MB. Discovering fitness classes as a form of self-care several years ago led her on a path to certifications in SPIN, Barre, Pilates and as a 200 Hour Yoga Teacher. Jodie is committed to creating a safe, welcoming, accessible environment in her classes, so expect affordable, professional and inspirational programming with a focus of joyful, intentional, grateful movement.

Join **SHANE ROBINS**

as part of the

Westman YOGA Festival



Inside Flow

Inside Flow is a Vinyasa style yoga where you flow from one pose to the next in a beautifully choreographed sequence built to the beat of cool music. Each movement is synched with breath. It's like dancing on yoga mats to modern, emotional music. Don't be fooled - you will get a sweaty, juicy workout! Modifications will be offered for this dynamic and sometimes challenging session. All participants have to bring is a mat, waterbottle and open heart.

Yoga Nidra

This yoga experience is a style of guided mental imagery or guided relaxation where you are taken through the eight stages of relaxation, moving between wakefulness and sleep. From here, we can be healed, restored and awakened to our deepest, all-knowing, all-welcoming self. You wake feeling refreshed and grounded. Bring a blanket eye cover, and weighted fabric to support the body settling.

Shane has been teaching different modalities of movement for nearly 20 years. Movement is truly her passion. It grounds her, and it is an avenue that allows her to share what she loves. She is forever blown away how it connects us to ourselves and to one another. She will continue to offer movement to others as long as she can, as it has brought so many amazing humans into her life. She is also a lucky mom of two magical men who light up her world. She also works for Riding Mountain National Park as the Promotions Officer and is based out of Erickson, MB.

Thanks for Moving with Shane!

Join **SOLANGE LABELLE** for **Chakradance**

as part of the

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Chakradance - Rhythm for Your Soul

Find the unravelling of blocked energy, a deepened connection to your true, authentic self, and the feeling of coming home. Blending free-flowing movements with particular frequencies of sound, Chakradance will free the energy in your body and open you to a deeper experience of life. A healing dance/movement practice that draws on a fusion of philosophies and musical styles, Chakradance aims to restore health to our chakras - the energy centres that, in Eastern tradition, are the gateways to integrating mind, body and spirit. The session includes an opening meditation, introduction, short talk about Chakradance, guided dance which journeys through the seven major chakras, journaling, feedback and closing meditation.

Bring a cushion, yoga mat, journal and pen, and eye mask or scarf.

Solange is a Holistic Wellness Practitioner and lover of dance. She's a certified group fitness instructor, nutrition coach, Chakradance facilitator, POUND PRO, Zumba Instructor and Usui/Holy Fire III Reiki Master. She fosters these modalities in her everyday life to enrich and support her well-being and the well-being of others.

Join **TRISH McBRATNEY** for
**Slow Flow/Chakra/YIN for
Fall Equinox**

as part of the

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Very often in life we move at a hurried, frenetic pace, thrusting our nervous system out of balance. In this class, Trish will invite you to slow down. Prepare to move through a combination of standing and seated poses in a slow, deep and mindful way. As we move through this class, we will take a journey through the 7 chakras in relationship with one another and awaken the energetic flow of body, mind, breath and spirit working together in harmony. The overall intention of this class is to let go as we honor the fall equinox.

Trish obtained her 200 hour Holistic Yoga Flow Certification from Inner Dimension. Trish has been teaching weekly yoga classes for 5 1/2 yrs in Minnedosa. She has been a registered nurse for 29 years, the last 10 in the operating room. When she's not at work, you can find her often on her yoga mat, the golf course, or spending time with her family and friends. Her holistic yoga training connects mind, body and soul in every class she teaches. She believes that yoga is so much more than a physical set of postures, it is imbued with energy, wisdom, awareness and intention.

Join **LISA THOMSON** for
Restorative Yoga
as part of the
Westman YOGA Festival



Restorative Yoga is a style of yoga known for its relaxing, calming and healing effects in which gentle poses are held for 5-20 minutes. Lisa offers peaceful poses with props and hands on assists. You can expect the gentle restorative yoga postures to settle the body and mind. This will allow for deep relaxation/release of anxiety and stress from both mind and body. The benefits are: accessible for all levels of yogis, improved thought patterns, reduced stress and anxiety, enhanced cognitive performance and memory, better sleep, improved physical health, reduction of chronic pain.

To enhance your experience, bring a yoga mat, blanket, bolster and two blocks.

Lisa is an educator and a yoga teacher at Inspire Yoga Studio. She obtained her 200hr Yoga Teacher Certification and 25 Hour Restorative & Yin Yoga Training at Inspire Yoga Studio in Brandon. She is grateful to have the opportunity to teach the benefits of mindfulness, gratitude and self-discovery within the physical practice of yoga. She looks forward to connecting with folks at the Yoga Festival and offering tools to bolster their presence and awareness on and off the mat. Whether you're looking for a workout to keep fit or creating space in your mind and body - Lisa invites you to join her!

It's about building community - it's about building YOU!