

YOGA PAH! IN T.O.

Renaissance Yoga and Ayurvedic Studio



PHOTO CREDITS: Lucy Ross



PHOTO ON LEFT: PARTICIPANTS: (STANDING L TO R): JODI, DEBBIE, ELISABET, LINDA, NANCY, ROBYN, LIDIA, PATTI, TONI, LOWRIE, ANNIE. SITTING: CHRISSY, INDIANA, LEONARDA AND PAT. (LUCY TAKING PHOTO) PHOTO ABOVE: LONG TIME FRIENDS & W.S ASSISTANTS, LINDA, AND CHRISSY WITH LEONARDA (DINA).

Deaf Yogis unite in TORONTO

NOTHING is IMPOSSIBLE! The Yoga PAH! Deaf Yoga workshop was organized all in one week and was inspired by a surprise birthday party invitation. (Yes, Leonarda's Deaf cousin, Lidia, was turning 50.) The interest was very high. People came as far east as Belleville and as far west as Burlington. In all, 18 participants- both Deaf and hearing- experienced a Hatha Yoga class taught in ASL- some for the first time.

The 3 1/2 hour workshop also included mini lectures on Pranayama (breathing), meditation and a demo using the Neti Pot. Abdominal Lifts were also introduced.

The feedback was very positive. "When I left the class, I felt so great and BIG JOY" expressed Toni. "It was the best class I've ever attended. Leonarda gave me a really good visualized clear and bigger picture of

Yoga" commented Pat. "and made me look deeply into myself"

Originally from Ontario and now residing in BC, Leonarda was thrilled to reconnect with students and colleagues. There will definitely be another workshop offered... with a lot more advance notice. THANK YOU EVERYONE for your enthusiasm. Blessings and BLISS-ings. Leonarda



AIRPLANE POSE



LUCY AND LEONARDA



ROBYN IN RECLINE TWIST