

Private & Semi-Private YOGA CLASSES

for the Unique Needs of the Individual

Suitable for Anyone Interested in Developing a Individualized Yoga Practice

**Highly Recommended to Absolute Beginners or Anyone Working Through Chronic Pain,
Limited Mobility, Stress and other Health Related Issues**

Pre-Natal Sessions are Also Available

At **SOUL SPA**

With

Dahlia Steinberg

Certified Vinyasa Yoga Instructor

Dahlia's extensive background in dance coupled with earlier studies in Tibetan Buddhism naturally lead to a deep interest in yoga philosophy and practice. Dahlia has worked for over 15 years as a dancer, actor, choreographer and teacher and received her diploma in Professional Modern Dance Training from the School of Toronto Theatre in 1998. Dahlia brings both her worlds of dance and yoga together through Vinyasa Yoga in which the breath is paramount and the transitions between poses are of equal importance to the poses themselves. She earned her certification as a Vinyasa Yoga Teacher in 2005 from the Yoga Teacher Training Program at Yoga Space (Toronto). Dahlia continues to train with some of Toronto's most inspiring and knowledgeable yoga instructors through advanced teacher training in such courses as Hands- on Adjustments, Pre-Natal, Iyengar and an Anusara; an inspiring form of Hatha Yoga created by John Friend whom Dahlia was honored to meet and study with in Montreal in August 2006.

From 5 to Over 50 Dahlia connects with people of every age and practice level, attributing this ability to both a wealth of experiences with varying approaches to movement and therapeutics and her lighthearted, quirky sense of humor. Dahlia's teaching is down to earth, fun and full of detailed information that will help you build a solid yoga practice enabling you to move joyfully off your mat and into the world!

Book Your FREE, Half Hour Consultation Now!

- Open to All New Students -

Whether you are looking for relief from chronic pain or wish to improve your performance in yoga classes and/or other activities, Private & Semi-Private Yoga Sessions can be utilized as either an adjunct to your regular, large group classes and/or for times when you feel like you need some extra one on one attention.

Beneficial for All Levels

Free Preliminary Consultation: (30 Minutes)

Dahlia will take clients through a light practice to assess abilities and challenges. With the information gathered Dahlia will begin to develop your Personalized Private or Semi-private Practice.

Semi-private students will need to consult together with Dahlia to ensure suitability in working as a pair, while addressing each client's individual needs. **These consultations may exceed 30 minutes.*

Please come dressed comfortably for a light yoga practice and arrive 15 minutes early to fill out the personal health and information sheet.

Small Group Classes

All Small Group Classes are Limited to 3 or 4 Students.

Series A:
Your Spine is Your Life!
(Hatha/Vinyasa Flow)

This 1 and a half hour-long class begins with gentle warm ups to ease stiffness in the spine, shoulder and hip joints and progresses towards a heart opening and invigorating experience of the sun salutations to open the front and back of the spine. As we build strength and stability in standing poses we will continue to open the spine completely with side stretches. This ongoing class will conclude with varying, seated poses, gentle backbends and twists to stimulate your body's ability to heal and rejuvenate.

The level of practice will be geared towards challenging the most advanced student in attendance. Everyone is encouraged to listen to their body's needs at all times and to rest when necessary.

Beneficial for Advanced-beginners and Beyond

Series B:
Yoga Fundamentals
(Hatha/Vinyasa with Detailed Instruction)

Each week of this 4-week series will be dedicated to the following class themes...

Week 1: Building a Strong Foundation:

*Bring your awareness to a crucial but often overlooked aspect of a strong yoga practice – your feet! Learn **Universal Principles of Alignment*** in both the actions of the feet and the legs and experience improved stability in both standing and balancing postures. This class will end with seated and restorative poses that help ease pressure from tired legs and feet.*

Week 2: Anchoring Your Practice in the Core:

This class focuses on another fundamental aspect of a safe, strong yoga practice. We begin class with core strength exercises and move into a yoga practice in which every pose and transition is done with this guiding principle in mind. This class will help you to progress towards executing challenging core-specific yoga poses which greatly help to improve posture and ease low back pain.

Week 3: Therapeutics for the Neck and Shoulders:

With gentle warm ups for the neck and shoulders this class will begin the undoing of harmful postural habits that create chronic pain and tension in this vulnerable area of the body. You will strengthen the muscles of your upper back as you safely work towards a comprehensive practice of chest openers and backbends.

Week 4: Moving Into Deep Hip Openers:

Applying the fundamentals of practice from the previous three weeks we will heat up the body through re-visiting the sun salutations. Subsequent standing and kneeling poses will open the muscles surrounding the hips which affect discomfort in this complex area of the body. Learn poses that will prepare you for deep hip openings in a safe and soothing environment.

Beneficial for All Levels