



Winter Session

Lumino School of Awakening presents:

A gentle introduction to Yoga with Ronit Jinich-Weisz

Join us for an 8-week Introductory Workshop to yoga and Meditation at Lumino School of awakening.

Through Techniques drawn from Ashtanga and Iyengar Yoga we will explore our habitual, breath, mind and body patterns. We will train our ability to stay present bearing witness to the way things are and, we will learn useful tools to face our every day activities with openness and creativity.

Mondays February 22nd to April 26th

6:30pm - 8:30pm

(no class on March 29 & April 5th)

1466 Bathurst Street, #306 (Bathurst & St. Clair)
Toronto, Ontario, M5R 3S3

Fee: \$160.00

To register call Jacky: 416-536-5555

Cheques payable to Rockman Moran Medicine Professional Corporation
Visa and debit accepted

Class limited to a maximum of 16 people.

It is preferred that you bring your yoga mat and meditation cushion if you have one.

Born in Mexico living in Toronto, Ronit teaches performing arts and Mindfulness workshops for children in school settings; she also works for the School Visits department at The Harbourfront Center for the arts. She is part of the centre of gravity Sangha led by Michael Stone her primary teacher and works for New Leaf Yoga Foundation, a Canadian charitable organization bringing yoga to at-risk and incarcerated youth. Ronit completed her teacher training with Richard Freeman at the Yoga Workshop in Boulder Co.

