

hot stuff...

you need to know
to make it grow!

2 sundays 1:30-3:30pm
mar 21 standing series
mar 28th floor series

instructor: laurie inouye
cost: \$25 or \$45 for two together
all levels: minimum 12 per class

Hot Yoga practice is a radiant introduction to the ancient science and modern beauty of hatha yoga practice. It's therapeutic benefits are amazingly detoxifying, toning and strengthening. Leaving the practitioner profoundly centred and balanced.

This amazing 2 part series explores the underpinnings and foundations of both Standing and Floor series. Using principals of alignment that will guide both beginner and intermediate students towards shift and powerful integration of body mind and spirit.

to reserve your space or inquire:

one@yogapod.com
#101, 260 west esplanade street, north vancouver, bc, canada
604.924.9642



Laurie Inouye
yogapod studio director / teacher / mummy

In 2001 with the original Bikram Yoga Teacher training and the inaugural opening of Yogapod as a foundation, Laurie began her journey inspired by additional studies with Shiva Rae, Janice Clarfield (prenatal studies), and Gurmuk Kaur Kalsa. In 2003 she attended her 1st Anusara workshop and felt a deeper understanding of her practice which was inspired by matters of the heart... Much gratitude to John Friend, Christina Sell and so many of the Anusara teachers who continue to inspire so many to move from the source.

"The biggest and brightest teachers in my life are my 2 delightful daughters. They are my inspiration to strive to be a better mother, wife, woman, friend and teacher. At the very essence of their energy there is this light that shines and illuminates my world."

progression*session Q+A

Drop in and monthly unlimited passes to not apply for these 2 hr special workshops. See rates posted.

-Please bring: Notebook + Pen
Yoga Gear
Open Heart