



# orthern Light Yoga Grand Opening

## Saturday, June 12<sup>th</sup>, 2010

Located at 595 Miner Street Road, Canton, NY 13617

### An Open House and Day of Free Classes!

#### Schedule of Events

- 8:30 am - 10 am: Yoga Class **"Go with the Flow with Rebecca"**- Open into your day with this energizing flow class. Explore the linkage between breath and movement, Svaroopa®-style.
- 10:30 am - 11:45 am: Yoga Class **"Gentle Yoga with Carol"**- Think yoga isn't for you because of health problems, chronic pain or very limited flexibility? Let this class ease you into yoga and help you discover your healing potential.
- 12:30 pm - 2 pm: Yoga Class **"Neck and Shoulder Basics with Jackie"**- Unravel the knots in your neck and shoulders and discover the power of Svaroopa® yoga for keeping them open.
- 2:30 pm - 4 pm: Yoga Class **"Warrior and More: The Standing Poses with Carol"**- Develop strength and stamina while learning to take your bliss off the blanket and into the world. Enjoy a class that is both energizing and relaxing.
- 4:30 pm -7 pm: **Open House:** Drop-in, see the new space, meet the teachers and enjoy some light refreshments.
- 7:30 pm -9 pm: Yoga Class **"Unwind at Sunset with Rebecca"**- Close the evening with a relaxing sequence set to live music. Refreshing and restorative.

All sample yoga classes will be taught in the Svaroopa® (Bliss) Yoga style and are suitable for beginners. Students with significant health challenges should start with the Gentle class. All other classes can accommodate most levels of fitness. Registration is suggested but drop-ins will be accommodated on a first-come, first-served basis. Contact Rebecca Rivers at 386-8461 or at [northernlightyoga@gmail.com](mailto:northernlightyoga@gmail.com) with questions or to register.

**About Svaroopa® Yoga-** Svaroopa® Yoga is one of the nationally recognized styles of Hatha Yoga. It is known for accessibility, personalized attention and transformative power. Combining precise alignments with ample propping, Svaroopa® yoga dissolves the deepest tensions in the body's core, resulting in increased strength and stamina, improved balance, deep relaxation, and quieting of the mind. All Svaroopa® yoga classes are organized by theme and each of today's classes is representative of one of the twelve themes we teach. Please feel free to approach any of our teachers with questions about yoga or our summer schedule.

### From Potsdam

Take US Hwy 11 to Canton. Continue on Hwy11/Rt. 68/Main Street into the center of town. Take a left onto Miner Street, just past McDonalds and the Municipal Building. Continue on Miner Street, past the Appleton Arena and pass over the bridge, at which point you will be on the Miner Street Road. Continue for approximately 2.5 miles. You will pass Taylor Park on your left. We are on the left in a one story building with a brown roof and clapboard siding, located at 595 Miner Street Road.

### From De Kalb/Gouverneur

Take US Hwy 11 to Canton. Continue on Hwy 11/Rt. 68/Main Street towards the town center by turning right at the traffic light. Just after the next traffic light, turn right onto Miner Street. Continue on Miner Street, past the Appleton Arena and pass over the bridge, at which point you will be on the Miner Street Road. Continue for approximately 2.5 miles. You will pass Taylor Park on your left. We are on the left in a one story building with a brown roof and clapboard siding, located at 595 Miner Street Road.

### From Ogdensburg

Take Rt. 68 to Canton. Pass the entrance to SUNY Canton on your left. Continue towards the center of town. Pass through 2 traffic lights and then make a right onto Miner Street. Continue on Miner Street, past the Appleton Arena and pass over the bridge, at which point you will be on the Miner Street Road. Continue for approximately 2.5 miles. You will pass Taylor Park on your left. We are on the left in a one story building with a brown roof and clapboard siding, located at 595 Miner Street Road.

### From Massena

Take Rt. 37 to Rt. 56 south. Follow Rt. 56 towards Potsdam and then make a right hand turn onto Rt. 310 towards Canton. Follow Rt. 310 to the intersection with Hwy 11/Rt. 68/Main Street. Turn right at the traffic light and continue on towards the center of town. Pass through the first traffic light and then take a left onto Miner Street, just past McDonalds and the Municipal Building. Continue on Miner Street, past the Appleton Arena and pass over the bridge, at which point you will be on the Miner Street Road. Continue for approximately 2.5 miles. You will pass Taylor Park on your left. We are on the left in a one story building with a brown roof and clapboard siding, located at 595 Miner Street Road.

