

Sherry McLeod has over 25 years experience as a student and teacher of yoga. Sherry facilitates Relaxation workshops in the corporate world as well as the private and has been teaching at yoga retreats and private sessions for 12 years.

Reap the benefits of Sherry's learning and training as you take part in

### **R & R: Relax and Restore**

Enjoy 45 minutes far from the madding crowd...

How can you find an oasis of calm in the midst of your hectic day? Let us welcome you into a peaceful atmosphere: subdued lighting which allows the eyes to rest; soothing music, gentle stretches, deep breaths and gentle sighs will all help to release your stress and tensions. Return to work refreshed, calm and renewed.

Bring a blanket and an eye-pillow (if you have one). Wear comfortable, loose pants with a bit of stretch...no need to change for this class. Bring a mat if you have one.

On Mondays January 30 through March 6, 2006 and  
Wednesdays February 1 through March 8, 2006 for 6 consecutive weeks.

Be there now and watch this site for future events.

## **Sherry's Fitness CV**

Fitness Instructors Certificate / YMCA

Intuitive Healing / Rob Bedall  
Energy bodywork, meditation, toning,

Jin Shin Do (acupressure) / Sarah L'Estrange; Reflexology / Marion Welsh

Fitness Knowledge / FitCity Coordinator, City of Vancouver  
Anatomy, physiology, strengthening, flexibility, endurance, safety

Yoga Teacher Training Intensive with Sandra Samartino, Yoga Association of Alberta  
Alignment, balancing energy, breathwork

Yoga Teacher Certificate with Sandra Samartino,

Yoga Teacher Training for advanced students / Felicity Green

Reiki Master / Esther Cudmore

Rebirthing Facilitator / James Fairbanks

Sound Dance Teacher Training / Uriel West

Yamuna Body Rolling / Taylore Carre