

Announcing the release of Jacqueline's (Jaya's) 4th Guided Meditation CD in her Jaya Meditation Series!

"Koshas - The Five Layers of the Mind"

Yoga Philosophy ventures into explaining the mind and its functions. These layers are called Koshas. Kosha being defined as a covering of the inner self or soul.

Awareness and discernment of the self and the subtle influences of each Kosha, leads to wisdom and living in balance. In this Meditation, we focus our energy and move through these layers together. We will pause and connect with each Kosha, allowing our intuition to guide us along this journey.

"OM" refers to the soul; The self within. It represents truth, knowledge and the entirety of the Universe. This sound is made before yoga classes, ceremonies, spiritual activities, and at the beginning and end of Jacqueline's Meditations.

**She is honored to have her teacher, Yogi Vishvketu
Founder of Akhanda Yoga and the Anand Prakash Ashram in Rishikesh, India,
join her in chanting "OM" on this CD.**

**CD's are available in our reception area, and they are available for download on our website at www.jayayoga.ca,
iTunes, CD Baby and Amazon**

Jaya Meditation Series!

Jacqueline (Jaya) has just released her 4th Meditation CD!

The series is a collection of her Meditation classes over the last 5 years.

The 1st CD titled "*Gratitude: Shifting Perspective*"

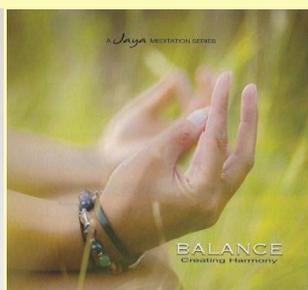
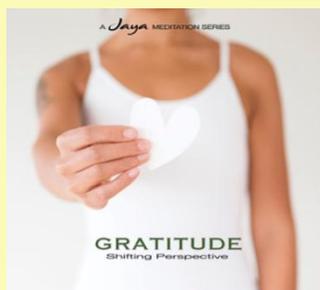
The 2nd CD titled "*Balance Creating Harmony*"

The 3rd CD titled "*Joy: A Simple Heart*"

and most recently, The 4th CD titled "*Koshas: The Five Layers of the Mind*"

are available in our reception area, and are also available for download on-line through our website, on iTunes, Amazon and sample it on YouTube!

She is honored to announce that her teacher, Yogrishi Vishvketu joins in chanting "OM" with her on this CD.



Pre-natal Yoga classes!

6 weeks! Every Thursday, starting March 16, 23, 30 and April 6, 13 and 20th

5:00 - 6:00pm

\$99 + HST

If students are not able to attend all 6 classes, they can drop in for \$20+HST.

We cannot offer credits or refunds for missed class.

There are many benefits for pregnant women through a regular yoga practice. Yoga allows women to take time to connect with their baby and their changing body. It allows space for the new mother to communicate and acknowledge this special and sacred time of connecting and being at one with the baby. In these classes, you will learn grounding and breathing techniques. This class will assist in releasing back pain or strain and will help increase flexibility and strength. Prenatal yoga helps in preparing for the birthing experience and aids in deconstructing negative relationships to pain by teaching expecting students to consciously relax and focus on the breath, providing useful tools for the birthing experience.

pre-registration is required for this class and closes on Mar. 14th

Call, book on-line or visit us in our reception area reserve your spot today!

647.352.JAYA(5292) or info@jayayoga.ca

