



Jennifer Ivison is instructing a Restorative Yoga Workshop at Flowing Yogi studio on Saturday, December 4, 2-4pm.

Jennifer discovered yoga in her early 20's in Windsor, Ontario. It was only 6 months after she began a dedicated practice that she moved onto a teaching certification in Ashtanga Yoga from the Center of Being. She embraced her present perspective at the end of a cycle of severe depression and addictions that filled her life before.

She has found the most fascinating aspect of yoga is the ability to transform perspective on a personal level, and thus, a personal reality.

The aspect of the mind became a great interest in her life when she discovered it embedded in the roots of yoga practice. This curiosity led her to dedicate half a year to service at Yasodhara Ashram, BC, observing daily practices of Karma yoga and Reflection, and yoga psychology. Her deepest gratitude reaches out to all the residents and swamis at Yasodhara, as well as assistant teachers and students alike of Vipassana Meditation.

Jennifer believes John Ruskin summed it up best when he said, *'The highest reward for a person's toil is perhaps not what they get for it, but who they become by it.'*

She currently teaches a variety of yoga classes at the Yoga Lounge in Canmore, Alberta.

To register for the Restorative Workshop please contact studio director, Jennifer Houghton: 403-932-6109 or jennifer@flowingyogi.com

For more details about the workshop itself you can contact Jennifer Ivison directly at 1-403-399-4096 or zenjen111@hotmail.com