

Yoga at the UBC Botanical Garden

Course Session:

Wednesday, February 15 to Wednesday, March 22, 2006
(6 weeks)

12:00-1:00pm Botanical Garden Reception Centre
\$45 per person (non-refundable)

Course Instructor:

Nina Chatelain, R. Y. T.

Pre-registration deadline:

Thursday, February 9, 2006
ninachat@interchange.ubc.ca

The sessions will focus on tuning in, stress relief and breath work, while building strength and determination. Please speak with me if you have any questions, concerns or curiosities. Yoga can change your life. *Namaste.*

The Meaning of "Namaste"

*The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart chakra.
The gesture is an acknowledgment of the soul in one by the soul in another.
"Nama" means bow, "as" means I, and "te" means you.
Therefore, Namaste literally means "bow me you" or "I bow to you."*

Aadil Palkhivala