



*MINDCHILL a mellow 'melt-into-your-mat' YIN YOGA exploration with
Cameron Gilley & Wesley Salter*



Welcome to the 'ZEN ZONE'. A delicious, all-levels, 3-hour, Yin yoga exploration for yogis who crave LESS DRAMA and MORE ZEN. A workshop for the yogi who is looking to de-stress, let go and unburden themselves from the 'stuff' that isn't working in their lives. On this MIND CHILL journey we will cultivate a deeper sense of compassion & calmness by nourishing our connective tissue, promoting & restoring the flow of chi (energy), calming the nervous system...ultimately, GROW YOUNGER.

The workshop will be broken down into two parts:

Part 1 (90 mins) • Thought provoking conversation (Kula, Understanding Yin in a Yang world), whimsical revelation (Yin poses deconstructed) and of course breathe discovery & guided meditation.

Part 2 (90 mins) • a 90 minute 'Zenification' Yin yoga class where we explore long held, static poses, and strive to cultivate deepened inhales and exhales as we invite full relaxation into our yoga experience. This passive practice is a beautiful compliment to your more yang style active practices. Supported by mellow & tranquil soundtrack, this is the perfect opportunity to give your mind, body & soul some much needed CHILL.

Whatever your walk of life – whether you be a self-proclaimed couch potato, athlete, desk-jockey, seasoned yogi, starving student, gym junkie, or video game addict, YOGA IS FOR YOU. Never losing sight of the rich traditions of yoga's origins, Cam & Wes draw from a wealth of different inspirations; from martial arts to breakdancing, from qi gong to donkey kong, from kirtan to rock'n roll, from meditation to wild celebration, you will always be surprised by what these Yoga rogues are going to cook up with each adventure on the mat!

This workshop is open to all levels of practice: whether you're a seasoned practitioner or brand new to the wonderful world of yoga, get your yogi toes out to MIND CHILL for a taste of the liberating bliss that comes from getting Zen'd out!



Cameron Gilley • B.F.A • E-RYT • <http://www.camerongilley.ca>

Cameron whole-heartedly believes in the transformative power of Yoga. Having received his Yoga Alliance Teacher Training Certification in 2002. Drawing from his experience in Hatha, Yin, & Power Yoga, Meditation and Martial Arts, in each class Cam devotes his energy to creating a space for students to access their own innate presence through posture, flow, breath and awareness.

Whatever your walk of life, he invites you to come experience for yourself the liberating and life-affirming bliss that is YOGA. Both a 'workout' and a 'work-in', Cameron's class will leave you feeling the pleasant echo of your own efforts resonating within you.

Wesley Salter • B.Ed • E-RYT • <http://www.wesleyyoga.com>

Wesley is a yogi who has worn many creative hats during his adventures around the world: DJ, Break Dancer, Teacher, Actor and Singer. Throughout his journey, backpacking & exploring over fifty countries, two recurring passions were ever-present: creative movement and deep breathing. After practicing yoga for over twelve years, Wesley completed his certification in the styles of Hatha, Vinyasa, Yin & Kundalini. He previously graduated with a Bachelor of Education from the University of Victoria and went on to have a successful high school teaching career both in Canada and abroad. He has since made the full-time transition from the high school classroom into the yoga studio and as an E-RYT yoga instructor based on the West Coast of Canada, Wesley's credo is simple: 'Big Breath=Big Life!'

The MindChill Collective www.themindchillcollective.com

Instagram • @themindchillcollective

Twitter • @MindChillYogis

Tumblr • TheMindChillCollective

Cost • \$35 before Sept 28th / \$45 after

Location • Hemma the Home of Yoga and Acupuncture

Date • Sat., Oct. 3rd, 1.00 - 4.00pm