

Serenity
YOGA
Strength

CUSTOMIZED
WORKSHOPS



ELISABETH POMÈS

"Healing through Yoga..."

SERENITY

WORKSHOPS

RECLAIMING YOUR HEALTH

This workshop is designed to help awaken our innate potential of pure and vibrant health.

Healthy exercises improve our range of movement and help lessen chronic pain. Gentle stretching exercises and breathing techniques will be explored. Yoga postures and healing meditations will create a nurturing acceptance of our relationship to pain and help us reclaim our good health.

HEADACHES: RELIEF WITHOUT DRUGS

The majority of headaches come from tension stored in the body, especially the neck, shoulders and upper back area. This is the result of our fast-paced lives: stress is accumulated as we "perform" all day, rushing through all our activities, hardly taking any time to breathe.

This workshop helps relieve physical and emotional tension by hands-on techniques of acupressure and massage; restorative yoga postures; visualization exercises to dissolve the pain; and relaxation exercises.

BUSINESS STRESS

Created for executives, managers, employees and owners, this workshop helps deal with pressure-cooker situations in the workplace.

Clients practice simple, effective techniques for achieving "relaxed concentration". These include gentle stretching exercises, "mini-relaxations" and breathing techniques, all able to be done at a desk, in business attire, and in a few minutes.

PERFORMANCE WITHOUT FEAR

Elisabeth designed this workshop specifically for artists and performers, using her own extensive experience as an award-winning soprano. She holds a Master's degree in Music (voice) from the University of Toronto; was the 1993 winner of the Eckhardt-Gramatté vocal competition, and has toured extensively.

The focus is on controlling nerves, overcoming stage fright and dealing with the fear of memory loss and audience rejection. Candidates are shown how to turn pre-performance jitters into powerful performance energy.



SPIRIT

ELISABETH POMÈS

Elisabeth has been a teacher all her life. She considers it a privilege and a calling to share her knowledge with others and help those who come seeking wisdom and growth.

It is an expression of her natural self: a gift.

Her methods are personal and unique. She emanates a powerful, gentle energy, as she guides her students toward the union of body, mind and spirit.

Elisabeth has studied yoga for over 10 years and received her Yoga Instructor Certification from the Kripalu Centre in Massachusetts. Believing that every true teacher is also a student, Elisabeth continues her yoga studies towards certification in Scaravelli Yoga.

Testimonials:

"Elisabeth takes each person's performing capabilities to a whole new level. I learned so much from this refreshing and entertaining class..." Timothy, RCM violinist

"As a beginner to yoga, I appreciated your sensitivity and compassion. I felt safe to experience yoga my way..." Lynn, Myers-Briggs Consultant

BODY

CUSTOMIZED

ON-SITE WORKSHOPS

Tailored to meet the needs of individuals and organizations: seniors' centres, high schools, prisons, theatre companies, art schools, universities, orchestras, fitness spas, hospitals, factories, businesses, offices, or in the home.

Workshops & Classes:

Workshops: Two to three hours each.

Classes: One hour per week
for eight weeks.

Wear comfortable clothing.

Mats, eye-bags and cushions provided.

MIND

BOOKINGS

Please call Jo Stevenson at
(905) 829-3437 fax (905) 829-4121
to book a workshop or classes.

For a customized workshop:
call Elisabeth at (416) 769-8511.



SERENITY & STRENGTH YOGA

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