

YOGA BASED STRESS REDUCTION PROGRAM

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"Bringing
the wisdom
of the ages
into the heart
of everyday life"

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About the Yoga Based Stress Reduction and Management Program

Yoga is a lifestyle choice that can touch every aspect of our lives – from the kitchen to the sacred space. By integrating yoga practices into our lives on a daily basis, we discover a time tested stress reduction and management program that works.

The program offers 2 approaches. *Your Yoga* is for those people whose daily lives are active and busy; *Initiation into Meditation* is for those who find more space in their day for personal work. Either choice will support you. You will receive practical tools for recognising and managing your stress, as well as a deeper understanding of how our feelings, thoughts and actions can impact our lives in a way that brings ease and joy.

Benefits to you:

- Decreased physical and psychological symptoms of stress.
- Increased ability to handle life's challenges

YOUR YOGA

Choose this program if you wish to respond more effectively to your physical, emotional and work related stresses.

We will create a personal program based on yoga lifestyle practices. You will discover how to incorporate yoga philosophy into all the nooks and crannies of daily life. *Your Yoga* is a series of 3 private classes over a period of 5-6 weeks that provide the shift needed for your next level of growth. We offer knowledge, skills and support.

Session One: The assessment. Where are you now? We create an in-depth overview of your starting point, physically, emotionally and spiritually. We look at your posture, your eating habits, your areas of flexibility and areas that require stability. We need approximately 2 hours

Session Two: One or two weeks later, we take 75-90 minutes to go through the personalized yoga program Susan has designed for you.

Session Three comes one month later. At this time, we evaluate your progress and make the

necessary adjustments for you to continue on your path.

Cost is \$340 for the 3 sessions.

INITIATION INTO MEDITATION

This program is for you if you have more time to reflect. Maybe you are dealing with an illness – wishing to cope with pain, fatigue, anxiety, depression or just plain old wanting to bring more oomph back into your life.

Session One: Initiation into meditation. We answer at all the questions – why, what, when, where, how and who, and provide the tools for you to begin your practice. We need approximately 2 hours for this.

Session Two: This takes place two weeks later. We evaluate your progress, answer questions and make the necessary adjustments for you to continue on your path

Session Three is optional and can happen one month later. This is a further follow up session to iron out any confusion that may have been created.

Cost is \$180 for 2 sessions and \$250 for three.