

Yoga for the Winter Warrior!!

**Gentlemen's Challenge—**

**Skier ?? Snowboarder ??**

**Hockey Player ??**

Join us for Yoga classes designed specifically to gain strength, stamina and flexibility to enhance the performance of your favourite winter sport.

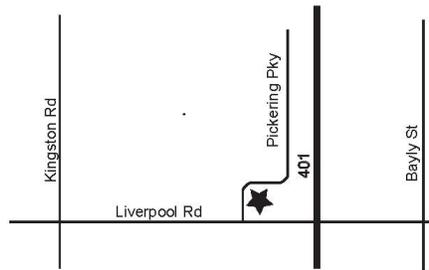
Please phone reception @

Santé 905.250.1322 or email

Sue: [info@santegroup.ca](mailto:info@santegroup.ca)

## Santé Clinic Hours

Monday	9:30 AM—7:30 PM
Tuesday	9:00 AM—8:30 PM
Wednesday	9:30 AM—4:30 PM
Thursday	9:00 AM—9:00 PM
Friday	8:30 AM—2:30 PM
Saturday	8:30 AM—4:30 PM
Sunday	10:00 AM—2:00 PM



105-1315 Pickering Parkway  
Pickering, ON  
L1V 7G5

**Phone: 905.250.1322**

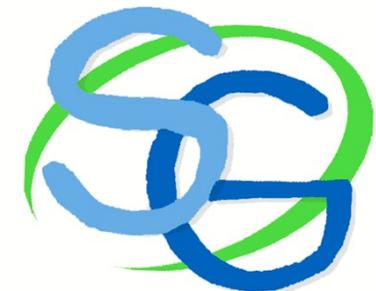
**Fax: 905.422.0213**

**E-mail: [info@santegroup.ca](mailto:info@santegroup.ca)**

**Web: [www.santegroup.ca](http://www.santegroup.ca)**



# Yoga



 EXCEPTIONAL HEALTHCARE

Would you like to have more energy?

Feel less stressed at the office?

Even look forward to going work in the morning?

Santé Group's yoga classes will leave you feeling refreshed, energized and focused.

No Cirque du Soleil yoga here!

We'll gently release tension from your back, shoulders, arms, hands, hips and neck.

Sitting in front of a computer all day can cause back pain from tightness and spinal compression.

Yoga improves body alignment, both in and out of class, which helps to prevent tension and stress on your body.

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## Join us:

Thursdays starting February 11, 2010  
7pm-8pm (60 minute class)

## Price:

\$12.00/class with 8-class pass  
\$15.00/class pay-as-you-go

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Please contact reception @ Santé  
Group

**905.250.1322**

or email Sue with any questions  
**info@santegroup.ca**

- Improves strength & flexibility
- Increases range of motion in the joints
- Improves balance, tones muscles and increases stamina
- Builds strong bones which helps to prevent osteoporosis
- Certain poses massage internal organs which improves digestion and elimination
- Maintains a balanced metabolism which helps regulate weight
- Improves breathing by increasing lung capacity
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## Emotional Benefits-Yoga

- The practice of yoga asanas (poses), meditation and breathing techniques are clinically proven methods of relieving stress
- Releases anxiety, hostility and depression
- Practicing yoga can provide chronic pain sufferers with useful tools to actively cope with their pain and help to counter feelings of helplessness and depression
- Improves mental function and ability to concentrate
- Improves hand-eye coordination, reaction time, dexterity and fine motor skills
- Develops a more positive outlook on life

## Santé Group HealthCare: Front Desk

**1315 Pickering Parkway, Suite 105**

We are pleased to provide a beautiful yoga space with natural bamboo floors & wrap around windows that let the light through but are also completely private.

Bring your own yoga mat or borrow one of ours.

Dress in comfortable clothes that allow you to move and breathe freely.

All fitness levels and abilities are welcome!

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Classes will run from 7 pm to 8 pm.

Please sign in @ reception 5 minutes prior to class.

Instructor—Sue Coleman, Registered Yoga Teacher (RYT-200)

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**Call Santé Group 905.250.1322**

