

arrive
YOGA
& mindfulness centre

EARLY MORNING RESET

with Gina Giammarco

Monday Nov. 26 - Friday Nov. 30

Where: 105 Wyndham Street North

When: Nov. 27 - 30, 6:30-8am, Intro: Nov. 25, 4-6pm

Cost: \$95+hst before Nov 20th or \$110+hst after

arriveyoga.ca

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5 early mornings to wake up and recharge your whole body. A mindful approach to organizing and aligning the connective tissues that surround all of our joints bringing suppleness and strength to both movement and stillness. We will incorporate Pilates and ELDOA* techniques to feel stronger and longer for the day ahead.

Preceding the Reset, Sunday Nov 25th 4-6pm, we will meet to discuss the intention for the week including some movement work and nutritional suggestions.

*Please see the website for more details about this comprehensive method of hydrating connective tissue, improving joint function and muscle recruitment.

GINA GIAMMARCO is certified in both yoga and Pilates and specializes in anatomy and biomechanics as well as pre- and post rehabilitation. Freeing the body from pain enables us to enjoy moving the body with ease and well being. In group classes, workshops and private sessions, it is this joyful, dynamic movement that Gina hopes you take with you in your hearts, minds and bodies.