

# YOGA

## Yoga with Kim

Curious to try yoga, or beginning again? In this beginner class, we will learn to use our breath to mindfully flow through our practice, connecting mind, body and spirit. Please bring your own mat and any props you require for practice.

Tuesdays | 5:30 - 6:30 pm  
Jan 7 - Feb 25 | 8/\$112 | Code: 87465  
Mar 11 - Apr 29 | 8/\$112 | Code: 87466

## Yoga with Kim

In this all-levels flow class, we will be using our breath to mindfully flow through our practice, connecting mind, body and spirit. Please bring your own mat and any props you require for practice.

Wednesdays | 9:30 - 10:45 am  
Jan 8 - Feb 26 | 8/\$112 | Code: 87467  
Mar 12 - Apr 30 | 8/\$112 | Code: 87478  
Instructor: Kim MacLean

## Yoga with Kim

In this ongoing flow class, we will be using our breath to mindfully flow through our practice, connecting mind, body and spirit. This class would be suitable for a strong beginner. Please bring your own mat and any props you require for practice.

Thursdays | 5:30 - 6:45 pm  
Jan 9 - Feb 27 | 8/\$112 | Code: 87484  
Mar 13 - May 1 | 7/\$98 | Code: 87485  
Instructor: Kim MacLean  
No session Apr 10



## Somatic Yoga

Students will learn to relax the nervous and muscular systems by doing slow movements. We will start laying down with somatics, progress to accessible standing yoga and finish laying down to enhance relaxation. Please bring a small pillow, yoga mat, blanket and dress in layers.

Tuesdays | 2:00 - 3:30 pm  
Feb 11 - Mar 4 | 4/\$64 | Code: 87301  
Apr 1 - 29 | 4/\$64 | Code: 87302  
May 6 - June 10 | 6/\$96 | Code: 87303  
Instructor: Violet Reynolds, YT500  
No session Apr 15

Thursdays | 10:00 - 11:30 am  
Feb 13 - Mar 6 | 4/\$64 | Code: 87304  
Apr 24 - May 15 | 4/\$64 | Code: 87305  
Instructor: Violet Reynolds, YT500  
No session Apr 15

## The Art of Living Yoga

This is a combination of gentle stretches, simple yoga postures, yoga breathing techniques, muscle toning and strength building, and meditation. Benefits include improved immune system, fewer joint pains, stronger body and mind, overall well-being and happiness. Please bring a yoga mat.

Mondays | Mar 3 - 31 | 10:00 - 11:00 am  
5/\$55 | Code: 87429  
Instructor: Saroj Sund

## Chair Yoga

This class is for those who may feel uncomfortable getting up and down on the mat. If you feel a little unsteady on your feet and don't want to participate in traditional yoga classes, Chair Yoga is a great alternative. Benefits may include increased flexibility, mobility, and joint strength through a series of gentle yoga poses while sitting or using the support of a chair. These therapeutic Chair Yoga classes are tailored towards small groups, using the evidence-based principles and practices of yoga to support well-being. These classes are taught by a Certified Yoga Therapist, in good standing with International Association of Yoga Therapists. This shared common experience can lead to a sense of intimacy and safety within the group. The pace of class is slow and relaxing. Please bring a mat to class.

Tuesdays | 10:30 - 11:30 am  
Mar 11 - Apr 29 | 8/\$132 | Code: 87283  
May 6 - June 24 | 8/\$132 | Code: 87284  
Instructor: Trudy O'Hearn Talbot

# COWICHAN COMMUNITY CENTRE



## ADULT WELLNESS

# COWICHAN COMMUNITY CENTRE

2687 James Street  
Duncan, BC  
V9L 2X5

📞 250.748.7529  
✉️ tcentre@cvrld.bc.ca  
🌐 www.cvrld.ca  
📱 @cvrldrec



📞 250.748.7529  
🌐 www.cvrld.ca

## Somatics

Learn to relieve pain and stress, and enhance functional movement. Please wear layers for warmth, bring a mat and a small pillow.

## Back & Hip Care

Thursdays | Jan 16 - Feb 6 | 10:15 - 11:15 am  
4/\$64 | Code: 87306  
Instructor: Violet Reynolds

## Shoulders & Neck Care

Thursdays | May 22 - June 12 | 10:15 - 11:15 am  
4/\$64 | Code: 87312  
Instructor: Violet Reynolds

## The Art of Dreaming

In this course you will learn the basics of how to remember, record and work with dreams for healing growth and processing. In a group setting, we will also discuss why dreams are important.

Tuesdays | Feb 4 - 25 | 7:00 - 8:30 pm  
4/\$40 | Code: 87291  
Instructor: Kristin Lang

[See our Adult Sports, Arena, Outdoors, and General Interest Flyers for more great programs.](#)



## Zen & the Art of Cognition Maintenance

This class is intended for people who are concerned about cognitive decline in themselves or their family members. With cognitive decline on the rise and no drugs able to reverse it, lifestyle modifications bring hope for reversing dementia! This class will explain lifestyle modifications like “healthy” brain diet, regular physical activity, “brain gym” activities (yoga, mindfulness, and cognitive exercises for your brain), participation in a dedicated support group and taking care of your cardiovascular health. Come to the class and learn how you can enjoy the benefits of our brain reboot program.

Tuesday | Feb 4 | 6:30 - 9:00 pm  
1/\$20 | Code: 87616

**Instructor: Paul Zakrzewski**

## Beyond the Vision Board

This workshop allows our own deeper knowing to guide our hands in a creative journey of self-discovery. Using the power of symbols, images, and words, we will map our way behind life's changes and challenges. Over time, this beautiful “map” has the potential to gently reveal our path from where we have been to where we are going. We will begin with a short, guided meditation spending most of our time together busy in our process of creation. Pre-cut images make this easy and fun! There will be time set aside at the end for those who wish to share. Come prepared to access the edges of your subconscious and to collage your heart out!

Sunday | Feb 9 | 10:00 am - 1:00 pm  
Adults \$20 | Students \$10 | Code: 87584  
Instructor: Marilyn Swallow

## Unlocking the Power of Memory

Join us for a deep dive into the science and function of memory. Memory is at the core of everything we do; from personal recollections to learned skills, it shapes our identity, guides our actions, and connects us to the world around us. This workshop is about enhancing your memory, including practical techniques for memory improvement and cognitive development. Over these workshops, you will explore the types of memory, enhance your cognitive skills and develop techniques to improve memory retention, recall, and cognitive flexibility.

Thursday | 10:00 am - 12:00 pm  
Feb 13 | 1/\$14 | Code: 87619  
Mar 13 | 1/\$14 | Code: 87621  
Apr 10 | 1/\$14 | Code: 87622  
Presenters: Chris Rafuse & Claire Leitch

## Memory Café

The BC Dementia Care Society is offering a social gathering for care partners and people living with memory loss/dementia to come and relax, unwind, and have fun socializing, learning, creatively engaging, and connecting with others in the community. Coffee, tea and snacks provided. Space is limited. Please register care partner and person living with memory loss together.

Fridays | 10:00 am - 12:00 pm  
Feb 21 - Mar 21 | 5/\$20 | Code: 88009  
Apr 11 - May 9 | 4/\$16 | Code: 88010  
Facilitator: Krista Hill, BC Dementia Care Society  
No session Apr 18

## Reduce Stress & Anxiety with the Alexander Technique (AT)

Do you feel stressed or anxious? Do you have aches and pains? AT is an embodied approach to increase body awareness, get more connected to yourself, and to reduce stress and tension. Integrating AT principles into your life helps to find more calmness, clarity and confidence, and improved well-being!

Monday | Mar 3 | 3:00 - 5:00 pm  
1/\$25 | Code: 87250  
Instructor: Heike Walker

## Reduce Back Pain with the Alexander Technique (AT)

Do you suffer from lower back pain, neck pain or shoulder issues? Is it difficult to comfortably work at a computer? Movement patterns often create compression on the spine, excess tension and pain. AT is an embodied approach that helps to increase body awareness and change habitual movement. Learn how to reduce pain and find more ease in daily activities! Please bring 3 or 4 paperback books, and come in comfortable clothes.

Monday | May 5 | 3:00 - 5:00 pm  
1/\$25 | Code: 87251  
Instructor: Heike Walker

## Herbal First Aid Kit

Take home a bounty of natural remedies from this practical, hands-on workshop! This class is designed to help you build your very own herbal first aid kit. You'll learn to prepare and use a variety of herbs and herbal medicines for common ailments and emergencies. This workshop is perfect for those who want to bring holistic, plant-based care into their everyday lives!

Sunday | Mar 9 | 11:00 am - 2:00 pm  
1/\$150 | Code: 88471  
Instructor: Alicia Meek