

semperviva presents



The Times They Are A-Changin' –Autumn Equinox Detox Flow with Erica Gehrke



About Erica Gehrke

Erica Gehrke offers yoga classes that highlight the importance of precise physical alignment and the energetic experience of yoga by emphasizing breath awareness. Beginners to Erica's class learn to breathe deeply and connect with the body to become more proficient at safely tailoring yoga postures to work best for each individual. Together with simple breathing exercises and meditation, she creates a practice that is simultaneously challenging and calming leaving you energized and centered benefiting you long after you've left the room.

Aspiring to Gandhi's words of, "Be the change you wish to see..." Erica uses yoga as a tool to guide her students to transform their good intentions into positive choices. In support of greater success, happiness and fulfillment in life, she is committed to the practice of yoga and believes health and wellbeing are wonderful results but the actual purpose of yoga is to awaken our highest potential as human beings.

"Clear inner perception allows us to see ourselves as we truly are." Donna Farhi

Urban life can often challenge our vitality and inner peace by the build up of harmful toxins as a result of environmental pollution, poor diet, lifestyle habits, and stress. In this workshop, Erica will explore how making conscious and responsible choices in all aspects of your life can purify your body, mind and spirit to foster optimal health and wellbeing.

This specific yoga sequence aims to stimulate the vital organs and encourage the release of accumulated toxins through a creative and challenging sequence that utilizes abdominal compression and twists for toxic release. This particular practice will include Sun Salutations A and B, twists, forward bends, inverted poses, pranayama, guided meditation, discussion, and self-observation (svadhyaya).

Purify your body, mind, and spirit in this workshop designed to assist you to examine your habits, evaluate your lifestyle, and inspire you to choose what is best for your physical, emotional and spiritual wellbeing.

This workshop for optimal health and wellbeing:

- highlights Yogic Philosophy on the Yamas and Niyamas, Karma and the Yogic Diet
- explores how the physical body relates to the Koshas—the subtle bodies of emotion, thought, higher wisdom and peace that all influence our state of being
- offers a challenging asana sequence, focuses on cleansing and stimulating the purification process of the body and mind

When: Saturday, September 27th from 1:00-3:30pm

Where: Sea Centre at Granville Island

Cost: \$35.00 + GST

more info/ registration: 604-739-2009 | semperviva.com