

A Message from Michèle ...

About the Yoga

In my yoga classes, I focus on alignment of the body and quietness of the breath. This focus keeps participants safe while encouraging them to journey deeply into themselves. Through yoga, we learn to be present, both on the mat and in our daily lives. In a spirit of both quiet meditation and playful exploration, participants try out new poses and move deeply into familiar ones. Through moving the body, we learn to still the mind, expand our hearts and deepen our connection to each other. We allow our spirits room to grow.

About the Writing

I have experience bringing writers with different backgrounds and interests together to make a space where each participant's writing can flourish. In my classes and retreats, we create a community that supports and encourages our writing, allowing us to take creative risks, explore new territory and have fun as we write together. We will write in response to different prompts, listening carefully to each other, responding to what we like and remember. Sharing our work when we choose and providing supportive feedback, we will explore our individual voices.

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NURTURE YOUR CREATIVE SPIRIT

with
MICHÈLE GUNDERSON

FALL 2007

YOGA & WRITING CLASSES

AND

WEEKEND YOGA & WRITING RETREAT

OCTOBER 19, 20 & 21

**FOR A CHANCE TO WIN
FREE REGISTRATION TO THE RETREAT
GO ONLINE TO**

www.yogawriting.ca

CLASSES

FALL 2007 SCHEDULE

WORLD TREE STUDIO, 812 EDMONTON TRAIL NE

Writing Workshop: Every Wednesday 9 AM - 11:30 AM

Yoga Level 1: Every Tuesday 1:15 PM - 2:45 PM

Yoga Mixed Levels: Every Thursday 1:15 PM - 2:45 PM

FEE PER CLASS: Yoga - \$15.00 Writing - \$25.00

Registration not required for fall classes. Just drop in & join us!

RETREAT

OCTOBER 19, 20 & 21, 2007

**Enjoy a weekend of
writing workshops & yoga sessions
at Banff Y Mountain Lodge, Banff Alberta**

Suitable for any level, beginners to experts!

Registration

\$369 + GST until October 1

\$455 + GST after October 1

INCLUDES ACCOMMODATIONS, MEALS & ALL SESSIONS

Enrich yourself and achieve lasting benefits

WITH WRITING

Take creative risks

Move past writers' block

Find your own voice

Write in a supportive community

WITH YOGA

Improve concentration

Reduce stress

Gain strength & flexibility

Improve sleep



Michèle Gunderson, Ph.D, C.Y.T., teaches yoga and writing classes at the Yoga Studio and at World Tree Studio in Calgary, Canada. Nominated for a Students' Union Teaching Award at the University of Calgary in 2006, she has taught literature and writing courses at the University of Calgary and at the University College of the Cariboo (now Thompson Rivers University). Her publications have appeared in *Patchwork Journal*, *West Coast Line*, *Studies in Canadian Literature*, and elsewhere. In the last few years, Michèle has honed her craft of writing through study with Patricia Lee Lewis, a senior partner in Amherst Writers & Artists, in Texas, Connecticut, and Guatemala, and with Pat Schneider in Berkeley, California. Michèle is an Affiliate Member of Amherst Writers & Artists. She teaches Yoga and Writing workshops and retreats in Calgary and in Banff, Alberta, and at other locations in Western Canada.

Information & Registration

Visit www.yogawriting.ca Contact Michèle Gunderson at info@yogawriting.ca or (403) 968-3717