

YOGA

Take time ... Breath ... Unwind ... Let go

Yoga is a 5000+ year old practice, originating in the Sarasvati valley of Northern India. Yoga means “to yoke”, “to unite”, “to draw together as one”. In our classical Hatha Yoga classes we unite Body, Mind and Soul by using breathe, physical movements and postures, and sound to draw our attention inwards and begin to quiet the active mind, create more flexibility in both our mind and our body, and strength on all levels of being.

The practice of Yoga brings the practitioner to a place of calm, of health, and of vitality. Our approach to yoga brings you back to yourself, to a quiet, stable centre from which you can lengthen, extend, blossom, and grow.

We have students of all ages and physical conditions. The benefits are as varied and wonderful as the people who practice.

MEDITATION

*Meditation is the art of making friends with the restless mind and opening the door to consciousness. Meditation helps bring us peace of mind, clarity of thought, **reduction of stress**, and a more positive outlook on life. It can also help improve an individual general physical, mental, and spiritual well-being. When our minds are calm, our body relaxes. When our mind and body are relaxed, we move toward stillness. When we experience stillness, we are moving toward a harmony of well-being wholeness – health. Meditation is an act of self-love and love for life.*

OUR TEACHERS

Diane Donovan

is a practitioner and teacher of Yoga for more than 30 years. Diane continues to study with many different Yoga masters, but her teaching practices are grounded in the teachings of Sandra Sammartino of “Kairos”, where “one’s spirit is healed, joy is felt, and empowerment gained amidst an environment filled with love, laughter and authenticity. In addition to co-owning and teaching regular yoga classes Diane is currently teaching a 200+ hours Yoga Teacher Training Program.

Tracy Candish

has been a student of Yoga for 20 years. It became clear that Yoga was a necessity, a wonderful way to balance out the everyday stresses in life and the pathway to reconnect to her true self. She completed the Teacher Training and Development course in 2006 with Diane Donovan and teaches Hatha based Yoga. She encourages individual, self-paced discovery through Yoga for her students.

Tina Nilsson

Ever since I was a young girl, I have carried with me a desire to help people feel good. I have been a student of Yoga since 2007, when I started to work at BodyWorks. I received my first yoga teacher diploma from Diane Donovan in 2012. Ever since then I have continued to study yoga both in India and Spain. I teach gentle Hatha Yoga, suitable for all ages and levels, from beginners to more advanced. . My vision is to assist people in their own transformation to be attuned and to lead a calm, peaceful life.

“Health is wealth, peace of mind is happiness, yoga shows the way.”

FOR MORE INFORMATION CONTACT
DIANE AT dianedonovan@candw.ky

Specialty Classes



BUDDHO Medicine Song Nights

Come and feel the connection between the Universe, love, and spirit!

Every Thursday 7 – 8 pm.

COST: by donation – all donations will be given to charity (to be announced).

Crystal Bowl Sound Bath Meditation

January 13th, 2023

7 – 8 pm

Cost: \$25.00

Mini Meditation Workshop

Date: TBA

Saturday, 2:00 – 4:30 pm

Cost: \$25.00

FOR MORE INFORMATION CONTACT
DIANE AT dianedonovan@candw.ky

CLASS SCHEDULE

Monday, Jan 9th – 30th, 2023

3 weeks \$48.00 (no class Jan 2nd or 23rd)

9:30 – 11:00 am Beginner Yoga w/Tracy

5:30 – 6:45 pm Chair Yoga w/Tina

7:00 – 8:30 pm Intermediate Yoga Class w/ Diane

Tuesday, Jan 3rd – 31st, 2023

5 weeks \$80.00 no class Dec 27th

10:00 – 11:00 am Mindfulness with Helen

5:45 – 7:00 pm Mixed Beginner/Ongoing Yoga class with Tracy

Tuesday, Jan 10th – 31st, 2023

7:15 – 8:15 Calming the Mind Meditation

Free community class

Wednesday, Jan 4th – 25th, 2023

4 weeks \$64.00

9:30 – 11:00am Intermediate Yoga w/Diane

Wednesday, Jan 18th – Feb 8th, 2023

4 weeks \$64.00

5:30 – 6:45 pm On the wings of an Angel –
focusing on upper body
strengthening for heart opening,
balance, and agility

Thursday, Jan 5th – 26th, 2023

4 weeks \$64.00

9:30 – 10:45 am Chair Yoga w/Tina

Thursday, Jan 19th - 26th, 2023

7:00 – 8:00 pm **BUDDHO MEDICINE SONGS**

By donation

Friday, Jan 6th – 27th, 2023

4 weeks \$64.00

9:30 – 11 am Mixed Level Yoga w/Diane

Saturday, Jan 7th – 28th, 2023

4 weeks \$64.00

9:30 – 11:00 am Beginners Yoga w/Tina

Body Works Payment

Options:

Reserved space

As per individual class (see schedule)

♥ Body Works Yoga membership

Unlimited yoga and meditation classes
(Specialty classes are not included)

1 month \$109.00

3 months \$275.00

6 months \$475.00

12 months \$875.00

Drop-in (space permitting)

♥ 10 Class card \$160.00

Valid for 3 months from purchase

\$20.00 per class

Specialty Classes as listed.

YOGA Outreach Classes

Buddho Medicine Songs

Resumes Jan 19th, 2023

Thursdays 7:00 - 8:00 pm

By donation



BodyWorks
Cayman Islands

HOLISTIC WELLNESS CENTRE



January 2023
CLASS SCHEDULE
*Queen's Court
West Bay Road*

Phone: 945-6485
Email: bodywork@candw.ky
www.bodyworkscayman.com