



Elaine Dodd received her training through the Atlantic Yoga Teachers Training at the 200 hour level in 2007, and completed the Advanced 500 hour level in August 2010. She also completed the “Yoga for Seniors” certification program with Jean Short, in Nova Scotia. In March of 2011, Elaine received a 100 hour Yin Yoga Teacher Training certificate, through Satori Yoga Teacher Training in Fredericton.

Elaine is a Registered Yoga Teacher, a member of the Kripalu Yoga Teachers Association, and a member of Yoga Atlantic.

Elaine teaches at various locations in Victoria and Carleton Counties offering Kripalu and Yin classes for all ages and levels.

Please contact Elaine for information on classes and locations.

Testimonials:

“Working in a stressful job I decided I needed some form of stress release. Walking and basic exercise did not seem to help me to the extent I needed. A friend recommended that I give yoga a chance and I did. Not only does it release stress, it seems to wash over me with a state of calmness. I also enjoy the physical benefits as it makes me feel stronger and more agile”

“I have never done yoga before and I love it! The class leaves me with a peaceful resolve to face the week. Physically, I’ve found that I am more flexible and strong. It has done wonders for my aching knees.”

“I have arthritis in many joints, particularly lower back and hips. Since doing yoga regularly, the episodes are much less frequent and severe. I am certain that focusing on Yin Yoga will improve this condition even more.”

“Yoga helps my flexibility and mobility and helps govern my back pain from arthritis. Controlled breathing and meditation helps lower my blood pressure.”

Elaine M. Dodd

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Yoga in Motion



**Relaxation, Flexibility,
Strength and Balance for
Mind, Body, and Spirit**



Why Practice Yoga?

It's simple, yoga feels good!

Some of the main benefits are:

- To build strong muscles and bones
- Improve coordination and balance
- Increase flexibility of joints
- Support mental clarity and confidence
- Release chronic tension
- Increase lung capacity
- Helps build a healthy body image



Yoga is not about how it looks from the outside, but how it feels from the inside.

Kripalu Yoga

is about more than making you flexible and strong. It's a unique way to integrate body, mind and spirit through opening to the wisdom of your body. Kripalu Yoga encourages openness, grace, flow, awareness, self-acceptance and compassion



Kripalu Yoga is a holistic lifestyle in which the principles of yoga are applied from the mat to daily life.

What to expect in a Kripalu Yoga class: Classes begin with centering the body and mind, breathing practice, and warm-up movements to prepare for postures. The heart of the class is a sequence of postures that stretch, strengthen and balance your body.

The class ends with a deep relaxation and meditation.

Yin Yoga

A Quiet Practice of Deep Release



Yin Yoga is a series of traditional yoga postures done on the floor with the muscles relaxed, while being held in position for five to ten minutes. Yin Yoga targets the deeper connective tissues in our joints, mainly the areas of the knees, hips and lower back. By gently stretching these areas, the body responds by making these tissues longer and stronger. This creates ease of movement, promoting flexibility and releases chronic tensions from these areas. Deeply stretching and strengthening these areas opens the energy channels in our bodies, improving overall health.