



Yoga, Meditation & Yoga Music

with Beth Martens a.k.a. Vijaya

"That first class [with Beth] opened up a doorway to an inner awareness that is still unravelling three years later. Her yoga introduced me to a dimension of BEING that transcended Mind / Thought, and yet enhanced it at the same time."

— Brad Hercina, Campbell River, BC

Experiential Talk: Creativity at the Source

LIGHT Event at Charisma Restaurant (Wolseley Area)

Tuesday, September 8, 7:00 - 8:00 PM

Free Yoga Classes / Open House

Wednesday, September 9 (Norwood)*

Tuesday & Thursday, September 15 & 17 (Lindenwoods)*

*go to www.bethmartens.com for times

Moderate & Vigorous Flow Yoga (twelve weeks)

Monday evenings: 7:30 - 8:30 PM (starts Sept. 14 at Norwood)

Tuesday evenings: 8:00 - 9:15 PM (starts Sept. 22 Lindenwoods)

Gentle Vinyaasa Flow Yoga - Beginners welcome (twelve weeks)

Wednesday afternoon: 3:30 - 4:30 PM (starts Sept. 16 at Norwood)

Wednesday evening: 6:30 - 7:30 PM (starts Sept. 16 at Norwood)

Thursday evenings: 6:30 - 7:45 PM (starts Sept. 24 at Lindenwoods)

Moderate Vinyaasa Flow Yoga (twelve weeks)

Thursday evenings: 8:00 - 9:15 PM (Lindenwoods)

WindSong: Yoga, Sound & Breath Workshops 1, 2 & 3 (location TBD)

1 - October 4 - 1:30 - 4:30 PM

2 - November 15 - 1:30 - 4:30 PM

3 - December 6 - 1:30 - 4:30 PM

Weekend Intensive: October 30, 31 & November 1

Meditation and Satsang Classes (twelve weeks)

Sunday evenings: 6:30 - 7:45 PM (starts Sept. 13, call for location)

Kirtan (Yoga Music & Meditation) Concerts

Friday September 25 & November 27

Call (204) 222-9642 to book tickets

Private Instruction

Please call to explore the opportunity to develop your own home yoga practice, custom designed for your life and being.

Please visit www.bethmartens.com for registration information
To register: Call (204) 775-1100 or email yoga@bethmartens.com