



Summer Session

Creative engagement yoga workshop with Ronit Jinich

Join me for one or two 4-week yoga & meditation workshops at Lumino School of Awakening.

Through techniques drawn from mindfulness meditation, Ashtanga and Iyengar Yoga we will explore our habitual, breath, mind and body patterns.

We will train our ability to stay present with what is showing up right here, right now and, we will learn useful tools to engage creatively with our every day activities.

First workshop starting Monday June 7th
Second workshop starting Monday July 5th
7:00 – 8:45pm

1466 Bathurst Street, #306 (Bathurst & St. Clair)
Toronto, Ontario, M5R 3S3

Fee: \$100 for one workshop/ \$180 for both.

To register call Jacky: 416-536-5555 or e-mail Ronit at ronit_weisz@yahoo.ca

Cheques payable to Rockman Moran Medicine Professional Corporation
Visa and debit accepted.

Born in México living in Toronto, Ronit is a performing arts, creative movement and yoga teacher who offers workshops for yoga studio as well as children and educators in school setting. Ronit works and develops programs for the well-respected School Visits department at The Harbourfront Centre for the Arts.

Her teaching focuses on bringing together creativity, body awareness, breathing practices, meditation and textual study.

Ronit's academic background includes studies in Literature, Performing Arts, and Gestalt Therapy. She completed her teacher training with Richard Freeman at the Yoga Workshop in Boulder, Colorado. She is part of Centre of Gravity Sangha a community of Yoga & Buddhist practitioners in Toronto led by Michael Stone her primary teacher.