

# LANEE



After I had placed meditation into my daily life 20 years ago, I began to learn the postures (asanas). The training was primarily influenced by the work of Vanda Scaravelli, however some Iyengar and Kripalu techniques were integrated. In subsequent years I have completed Yoga Therapy courses, Pilates, IMT (Integrated Movement Therapy), Nia & Coaching certification courses.

I am currently studying Yoga Nidra in-depth & Tantra philosophy, as well as continuing to expand my knowledge of Tai Chi, Qi Gong and different types of Hatha Yoga (Kundalini, Kriya, Viniyoga, Ashtanga, Anusara, Integral, etc.). Ayurveda and Chinese medicine, as well as Native approaches to wellness, are of interest to me. Aromatherapy and herbs are a particular focus. Additional studies in Marma therapy, Chi Nei Tsang (abdominal) & Tui Na (spinal) massage, Attunement & Sensory Healing training have expanded my personal growth, professional development & spiritual awareness.

My priorities are to share the following experiences

- rest, relax & release
- re-energize & renew
- reflect & re-connect
- rejoice & reunite

Meditation offers all of this, yet many of us are not able to come to a comfortable sitting position for a sustained period of time to allow for the transcendence to occur. I offer an eclectic approach to sharing my knowledge of Yoga so that individuals may find this unique place for themselves. The practice of yoga leads to a greater understanding of *Self* and simultaneously cultivates gratitude, compassion and love.

*Namaste.*

**Private Sessions** - Designed to meet your unique requirements and to suit your personal preferences.

**Workshops** - Full day workshops are scheduled monthly to offer an opportunity to expand your practice, as well as half-day gatherings on specific workshops of interest such as meditation, Ayurveda & embodying your spirit.

**Retreats** - Stepping out of your daily life allows the time & space in a place of nature & nurture to step into the depths of who you truly are and what is your purpose of being. These retreats are planned 4 times per year - spring & fall, a silent retreat in the summer & a couple's retreat in the winter.

**Teacher Within Training** - A personal growth, professional development and spiritual awareness program to instill & dispense the wisdom & teachings of Yoga. The student will learn how to be self-responsible for all aspects of self – physical, mental, emotional & spiritual. *This program qualifies for the certification process as a Yoga Teacher.* Registered with OYA.

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*Whispering  
Winds* 

*Your Breath*

*Your Health*

*Your Self*

*We can't change the wind ~  
but we can adjust our sails!*

## YOGA SESSIONS

Choose any one of the following or combine to create a blend based on your unique desires in one session to attend to your individual needs.

1. **Yoga:** Establishing a daily practice (sadhana) of asanas (postures), pranayama (breathing exercises), and dhyana (meditation) by determining what best serves you to unify your body, mind, emotions & spirit. Considering your current lifestyle, available time & preferences, a customized practice is developed with the built-in mechanisms to update as required.

2. **Yoga Therapy:** A combination of guided breath work, supported postures (by either the practitioner or blankets, bolsters etc.) and verbal feedback provides an opportunity for the student to generate their own thoughts & emotions by listening to what is coming out of their bodies. This process identifies the issues of highest priority to be addressed in a safe, non-judgmental environment. From setting the intention at the beginning to finishing with integration, you begin to live your life more in tune to your purpose with greater peace & harmony.

3. **Yoga Nidra:** Learning an ancient meditation that leads to lasting psychological, physical and spiritual healing. This is accomplished by the release of long-standing negative sensations, emotions, beliefs and self-destructive patterns as you embody pure awareness. Participants are guided through sequences that cover 1) body sensing, 2) breath awareness, 3) systematic desensitization to neutralize the negatives, 4) experiencing joy & well-being, and 5) the ability to experience equanimity while life is constantly changing.

1 ½ hour session ...\$111

*“The winds of Grace are blowing all the time. It is up to us to raise our sails.”*

Ramakrishna, Shri (1836-1886)

## SADHANA TRILOGY

A 3 session program (1 hour each) to establish your formal daily practice and to determine which postures, breathing exercise and meditation will best assist you at this time, as well as how to practice and for how long.

1. **Asana** (postures) – *“Asanas purify the body and mind and have preventative and curative effects. They are innumerable, catering to the various needs of the muscular, digestive, circulatory, glandular, nervous and other systems of the body.”*

2. **Pranayama** (breath exercise) – *“Pranayama is the conscious prolongation of inhalation, retention and exhalation. Inhalation is the act of receiving the primeval energy in the form of breath, and retention is when the breath is held in order to savour that energy. In exhalation all thoughts and emotions are emptied with breath.”*

3. **Dhyana** (meditation) – *“Dhyana means absorption. It is the art of self-study, reflection, keen observation or the search for the Infinite within. It is the observation of the physical processes of the body, study of mental states and profound contemplation.”*

Your sadhana is the most effective tool you have to understanding your physical, mental, emotional and spiritual aspects of your Self. It is the time you dedicate to showing up for yourself to listen to the messages of your body, mind & heart. When in this quiet space you can hear what is necessary to guide your thoughts, words & actions in harmony with your life choices.

Quotes above from B.K.S. Iyengar.

3 x 1 hour sessions...\$222

*“Like the winds of the sea are the waves of fate as you voyage along through life. Tis the will of the soul that decides the goal and not the calm or the strife.”*

Ella Wheeler Wilcox 1850 -1919

## JOURNEY TO BALANCE

A 3 session program (1½ hours each) plus telephone support during the 6–8 weeks to establish your individual techniques to balance your physical, mental, emotional & spiritual aspects of **Self**.

1. **Dincharya** (Daily Routine): Create your choices of how you want to spend your time, how much time you want to spend doing what you want and committing to the daily routine you have established. Begin with your current schedule to identify any activities for immediate change.

2. **Sadhana** (Daily Practice): Create the practice (formal & informal) that best meets your needs & desires at this time. Asana (postures), Pranayama (breathing practices), Dharana (concentration) & Dhyana (meditation) will be individualized for your bodymind, including your emotional body.

3. **Lifestyle** (Ayurveda): Create the way you want to walk through this world, weaving your wants into your daily life, to find your purpose and serve humanity in the way you choose. A review of your habits, including eating and your relationships with your closest loved ones, will reveal priority areas for developing your action plan.

Finding peace by *deciphering **where** you are, determining **what** you want & deciding **how** to get there.* This 3 stage process begins with diving into a deep self-inquiry, attuning to your current situation; then moving on to gathering an understanding of your desires and finishing with stepping onto the path with the bag of tools to take along with you on your journey.

3 x 1 ½ hour sessions.... \$333

*“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.”*

William Arthur Ward.