

First Annual Yoga Festival
presented by Healthy Brandon *in motion* and the Brandon Riverbank Inc.
REGISTRATION FORM

Early Bird Registration Fee \$15 by May 30, 2022
Regular Registration Fee \$20 after May 30, 2022
Registration Deadline June 17, 2022

NAME: _____

EMAIL: _____

PHONE: _____

REGISTRATION FEE (*circle one*)

Early bird by May 30, 2022 \$15

After May 30, 2022 \$20

Registration Deadline: June 17, 2022

PAYMENT

Debit, credit card, cash can be paid during registration process

PHOTOS

Permission for photo to be taken and used for social media/marketing purposes. **Circle one.**

YES

NO

WAIVER RELEASE

I hereby release Healthy Brandon *in motion* and the Brandon Riverbank, their board members, directors, employees and volunteers from all claims incurred as a result of any injuries which may be sustained while participating in the First Annual Yoga Festival". **Circle one.**

YES

NO

LUNCH

Lunch will be on your own. Due to the quick turn around time for lunch – it is advisable to bring your own lunch.

Schedule for the Day:

Please check off ONE class per session – we encourage you to choose a class that you have not tried before. Class descriptions and presenter bios start on page 3.

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| 9:00 – 9:45 a.m. | Registration |
| 9:45 – 10:00 | Group Welcome Circle |
| 10:00 – 11:00 a.m. | SESSION #1 (<i>circle one</i>) <ol style="list-style-type: none">1. Yoga for back pain – Doreen Delgaty2. Fascial release for yoga – Annabel Scott |
| 11:00 – 12 NOON | SESSION #2 (<i>circle one</i>) <ol style="list-style-type: none">1. Trauma Sensitive Yoga – Annabel Scott (<i>15 person max</i>)2. Vinyassa Yoga – Chelsea McCrimmon |
| 12:15 – 12:45 | LUNCH BREAK (ON YOUR OWN) |
| 12:45 – 1:00 P.M. | WELCOME BACK |
| 1:00 – 2:00 p.m. | SESSION #3 (<i>circle one</i>) <ol style="list-style-type: none">1. Hatha Yoga – Sue Palmer2. Restorative Yoga – Nicole Barclay |
| 2:00 – 3:00 p.m. | SESSION #4 (<i>circle one</i>) <ol style="list-style-type: none">1. Yoga Nidra – Melissa Coates2. Chair Yoga – Shane Robins |
| 3:00 – 4:00 p.m. | SESSION #5 (<i>circle one</i>) (repeat sessions of above) <ol style="list-style-type: none">1. Trauma Sensitive Yoga - Annabel Scott (<i>15 person max</i>)2. Restorative Yoga – Nicole Barclay |
| 4:00 – 4:30 p.m. | CLOSING CEREMONY and Evaluations |

Most classes will have a recommended list of items to bring for that particular class. However, it is recommended that you bring a large towel (or yoga mat if you have one), and a smaller towel (that can be rolled up and used as a bolster if you don't have one), water bottle for water to sip between classes.

CLASS DESCRIPTIONS

Yoga for Back Pain – Doreen Delgaty

This class will begin with a warmup phase. We will use yogic breathing to alleviate pain, a mantra or an affirmation, and a mudra, or hand/finger sign, that will help to remove all obstacles from our accomplishments. We will be warming our bodies for our pain reduction workout. Then we will progress into the work phase, where we will progress through poses designed to assist with pain reduction through specific guided movements. Modifications will be offered, making the pose fit the body, never the reverse. We then conclude with a cool down phase, consisting of stretches to relieve the tight muscles that contribute to back pain. I hope you can join us! Namaste, Doreen

Fascial Release for Yoga – Annabel Scott (class limit 15 people max)

In this workshop, we will discuss the neuro-fascial system's role in global joint stability before any movement and then focus on yoga poses. This workshop is suitable for those interested in integral anatomy, emergent research in fascial anatomy and how to use fascial release to improve yoga without joint erosion or compensations. We will awaken our body sense of alignment before we do the poses of Mountain, Chair, Downward Dog, Cobra and Warrior, to sense our alignment and joint placement and not move from default. Then we will release the fascia in the joints of our toes/feet first for enhanced grounding and innate stability through the neuro-fascial system. We will review the other poses as awareness of joint acquisition grows so that joint erosion does not occur. We will use Savasana as it is intended: to reset and recalibrate the autonomic nervous system and restore regulators.

Recommended: water to sip, yoga mats, small towel for lumbar support, large towel to roll into bolster.

Trauma Sensitive Yoga & Mindfulness Training – Annabel Scott

This workshop will include a basic understanding of the trauma condition, and how to incorporate TSY and mindfulness into your yoga offerings. We will focus on the 5-10 adaptive poses, combined with deep breathing and stillness, that provide an opportunity to feel and tolerate every sensation and its positive effects on the nervous system. TSY can be used for: anxiety reduction, improved coordination, Improved mood, Innovative thinking, cognitive flexibility, body awareness and emotion regulation.

Vinyasa Yoga – Chelsea McCrimmon

The vinyasa class will be a mindfully paced, "flow". We will focus on accessible and foundational yoga poses, which will include a variety of modifications. This class is accessible to yogis of all levels whether you're a total newbie or a seasoned vet! Featuring a little strength and a little flexibility we will move through postures, pairing movement with breath, hopefully leaving your body a little more open and your mood a little brighter!

Recommended: a mat (if we practice on grass this is optional) and 2 blocks - recommend, but definitely not required.

Hatha Yoga – Sue Palmer

Hatha is fun but gentle sequence, that will bring balance along with chanting to become truly aligned and connect with self. Feel free to bring any props that you use, but they are not necessary (pillow, blanket, blocks, strap, bolster) This is an all levels class.

Restorative Yoga – Nicole Barclay

A very relaxing and slow paced practice. Restorative yoga enables deep relaxation as you hold poses, typically only 4 - 6 per class, for longer periods of time with the help of props to support you.

The main focus of restorative classes are to rest and relax so please bring as many props as you can. Some will be available on site. **Recommended:** 2 blocks, a bolster or pillow, and a blanket.

Yoga Nidra – Melissa Coates

Yoga Nidra- Release, unwind, and settle the mind and body with a guided meditation to help induce a state of deep relaxation similar to sleep. Yoga Nidra is a restorative gentle practice that takes place in savasana (lying down). Participants can expect to feel restored, and rejuvenated after a 45-minute practice. *Please bring your yoga mat along with a bolster or small cushion if you desire to this all levels class.*

Chair Yoga – Shane Robins

A gentle form of yoga done from sitting in or standing using chair support. This accessible form of movement is enjoyed regardless of age, flexibility level, injuries, or mobility issues. Session will focus on range of motion, joint mobility and some twists and bends of the spine.

PRESENTER BIOS

Doreen Delgaty

YOGA FOR BACK PAIN



Doreen was one of four raised on a busy dairy farm north of Minnedosa where she learned the value of hard work. Doreen was active in 4-H and Girl Guides. She attained her Bachelor of Teaching and Bachelor of Special Education degrees and then went on to have a teaching career of 22 years, which began at Virden Junior High, grade 5 and continued in a small country school near Dunrea and ending in Killarney School. She raised 5 children on the family's busy grain farm near Margaret, hauling and shoveling grain, driving tractor, going for parts, and managing a big garden and yard.

Finally she left abuse behind for the last time. She actually believed that she would end up in a wheelchair before she reached 50, since pain had become a way of life for her. She felt like the smallest piece of dirt.

Yoga and natural health trainings helped her regain her self-worth and self-esteem. She soon became pain-free. She continued her studies and completed E-RYT200 and RYT500, and now she has over 1000 hours of specialized trainings with YogaFIT and Yoga International. Doreen travelled to Thailand for further trainings in 2018. She is a certified Ayurveda 100 hour Lifestyle Coach, and has the 100 and 140 hour Warriors Certificates. Doreen is certified with Yoga Alliance, and the International Association of Yoga Therapists. She is also a certified Natural Health Consultant and Iridologist. Doreen is a cancer survivor of 13 years. She loves sharing what she has learned with others. Her goal is to help others be the best that they can be, mentally, physically, and spiritually.

Annabel Scott

YOGA FOR FASCIAL RELEASE and TRAUMA SENSITIVE YOGA



Annabel Scott is owner of Pilates Manitoba Inc in Winnipeg. Pilates Manitoba has been an innovative, cutting-edge body therapy and movement education studio for 20 years now. Annabel is trained in all modalities of medical and fitness, TRX, Yoga, Trauma Sensitive Yoga, MELT Method, MELT NeuroStrength, ELDOA Method, Gyrotonic, and is in year two of Integrative Medicine & Healthcare with the College of Medicine and Integrative Medicine in the U.K. She is president of the Pilates and Yoga in Healthcare Alliance. Annabel is passionate about integrative health with health enablement, creation, and affordability for all using a "Movement Pharmacy" that includes yoga, Pilates, and other active exercise therapies

Chelsea McCrimmon

VINYASSA YOGA



Chelsea is a certified E-RYT 200, and RYT 500. She has been lucky enough to complete her trainings in the heart of nature including the Big Island of Hawaii, Northern California, and most recently the magical beauty of Peru.

Chelsea believes firmly in the power of yoga as a means of healing people on both a physical and mental level. One of her favorite things about teaching is the “ah-ha” moment that occurs when students realize that yoga is truly available to anybody. She loves to show people that it’s not about being flexible, or being a certain size or shape, that it is about moving your body, honing your breath, learning to still the mind, or at least learning to endure its fluctuations. She regularly reminds her students, the goal is to make the poses work for your body, not vice versa!

In her personal experience, Chelsea originally turned to yoga as a means of dealing with extreme anxiety, however, since that first moment, yoga began to slowly transform her entire relationship with herself. It was through yoga that she overcame extremely painful issues related to body image and negative thinking.

Chelsea likens yoga to a tool that can be added to the “toolbox” that we carry through life. Not only does it promote flexibility and strength in the body, but also the mind. The skills a student learns on the mat can be applied in every facet of life, so that eventually each new challenge one faces is just an opportunity to deepen their practice.

When she’s not teaching yoga, she can be found volunteering with various animal rescues, or spending time with her boyfriend and two rescue pets, Luna and Peru. Her bio wouldn’t be complete without including that Chelsea is a book and wine LOVER, and often spends hours sitting on her mat with a good book and a glass (or two!) of wine.

Sue Palmer

HATHA YOGA



Sue is a Graduate of Inspire Yoga Studio 200 hr Yoga Teacher Training 2019. Yoga has been part of Sue's life for over 10 years. With an extensive background in fitness, Sue found that as she aged, it was taking longer to recover from her workouts because she was not taking enough time to stretch and recover. Her yoga practice has helped me grow stronger, more flexible and more mindful, both on and off the mat.

Nicole Barclay

RESTORATIVE YOGA



Nicole Barclay has been practicing yoga for a number of years and became an certified teacher in 2017. A Registered Nurse by day, she believes yoga and mindfulness is a great complement to over-all health and wellness for everyone.

She honors, supports, and connects through acknowledgement, acceptance, and appreciation. Intervention is not her way; loving connection is. Nicole Barclay, owns a wellness company called Nicole Barclay Co., operated out of Souris, mb. Her company philosophy is about gathering together to individually honor our bodies – mentally, physically, emotionally, and even spiritually. Nicole is all about community and ensuring every member feels like they 'belong'. She offers a safe space for everybody and every **body**.

Nicole aspires to be real, raw, and transparent with the desire to express the way our lives actually are – beyond preferences and absorption, and rather with fierce unconditional love.

nicolebarclay.ca

Melissa Coates***YOGA NIDRA***

Melissa is known in the community as the upbeat, spirited instructor at the YMCA and Tour Fit Club. She is trained in various forms of yoga and will lead the group in Yoga Nidra so be prepared to relax!

Shane Robins***CHAIR YOGA***

Shane's movement experience includes 200 RYT, Mat Pilates certified, Yoga Warrior (PTSD, trauma yoga certified) – I have been sharing movement through instruction for over 20 years. My first love was yoga and learning about the many different versions of yoga led me to teach. I teach YIN, vinyasa and strength power yoga. Recently she has been certified in Mat Pilates which offers a more intentional core focused movement modality for the body. Shane has folded Pilates into my Yoga teachings so that my students can become stronger from the inside out. The creator of Pilates, Joe Pilates said, "you are only as young as your spine is flexible". I believe this to be true and it drives me to not only keep myself flexible and strong but share it with as many people as I can.