

2012 Journey of Our Hearts Wellness Program

Body Harmony would love for you to join our exciting journey, from **January 9th to March 4th 2012**, where each week we intend to complete the Seven Renewal Practices listed below. Completing all 7 daily activities (each week) for 8 weeks will not only help bring more balance into your life, but we'll enter you in a draw to WIN 6 MONTHS OF UNLIMITED YOGA. In addition, everyone who completes the challenge will receive a \$25 credit towards their next pass and the studio will donate \$5 to our sponsor child!

To participate, you can **register today** with our receptionist by purchasing your **2 Month Unlimited Journey of Our Hearts Yoga Pass**. We will then put your name up on the studio charts and for each week you complete the renewal practices below, you will help yourself to a sticker to mark your accomplishment. These practices can be mixed and matched in the course of each week to suit your schedule OR perhaps enjoy the suggested schedule below. This is a Karma Yoga system that requires honesty and personal integrity. Have fun, join us for some of the workshops that will help with your journey and note the positive changes that develop with this experience!

Seven Renewal Practices: A Suggested Weekly Schedule

Throughout the week make sure you are set up with healthy foods and enough water for proper nutrition.
Register for our Workshop January 15th ~ Eating Naturally for Energy with Dr. Nina Lange & Dr. Julie Durnan

Monday – YOGA – Start your week by nurturing your body with yoga! Do any yoga class at the studio or practice at home for an hour. This day is about grounding the **Root Chakra** energy center.

Register for our Workshop January 22nd ~ Developing Your Home Practice with Lori Charko

Tuesday – CARDIO – Since we are all at different levels of fitness please choose your own pace to build towards a 45 minute cardiovascular workout. You can start by elevating your heart rate to 60-70% of your maximum for 20 minutes and progress by adding a few minutes each week until you can comfortably exercise for 45 minutes. Hike, jog, run, bike, swim or have sex for 20-45 minutes ☺. Drink lots of water and perhaps wear the color orange to energize your **Sacral Chakra**.

Wednesday – ENDURANCE/RESISTANCE TRAINING – Add light weights or any resistance training to create a balance of strength and flexibility in your body. Suggested resistance workouts include at least 20 minutes of calisthenics, weight lifting, mixed levels hatha yoga, pilates, Curves or an alternative that works for you. Try to complete a well rounded program that will work the upper body (chest, back and arms), the lower body (buttocks and thighs), as well as the core (abdominals and low back) which are essential for a healthy **Solar Plexus Chakra**.

Register for our Workshop January 21st ~ Pilates 101 with Lauren Campbell

Thursday – CARDIO – Same as Tuesday but perhaps wear the color green to stimulate your **Heart Chakra**. Do exercise you enjoy!

Friday – FREEDOM FRIDAY – Express yourself today by partaking in any kind of wellness activity that is fun for you! Join an aerobics class, go dancing, do martial arts, practice yoga, get a massage or simply walk with a friend. It would be a great day for you to "give thanks" for your week or do a "verbal random act of kindness" for healthy opening of the **Throat Chakra**. Register for our Workshop January 28th ~ Finding Freedom from Overwhelm with Whitney McMillan

Saturday – YOGA – Third Eye Chakra – Discover the importance of the mind and body connection, one of the great benefits of yoga. Develop your intuition or sixth sense through the practice of yoga, either in studio or at home. This is an important life practice that helps us trust our inner guide, ultimately allowing us to create a world of happiness and security for ourselves. Register for our Workshop January 29th ~ Yoga from The Core with Lori Charko

Sunday – MEDITATION – Appreciate the value of stillness by meditating either early in the morning before starting your day, or late in the evening just before bed. Find a quiet spot (if possible the same spot every time) and make sure you are warm and comfortable. Sit in sukasana with a straight spine and focus on your breath. Begin with a 5 minute meditation and gradually increase your time towards 20 minutes. Perhaps imagine the sun or a golden coloured light coming in through your **Crown Chakra**. This practice will top off your week wonderfully!

Register for our Workshop January 14th ~ Vision Your Chakra Success for 2012! with Whitney McMillan