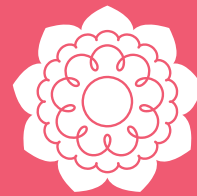


Saturday Series

Sensing and Moving from the
Organs: a Body-Mind Centering®
Approach
with Mariko Tanabe



sukha
yoga centre



Sat Mar.11

1:00-4:00pm

\$45+ hst

\$35+ hst students/yoga teachers

Sign up for 4 & save 5%!

Our organs deeply impact our living experiences as we breathe, digest, and process. Their tone affects the tissues and skeletal muscles around them. Through a Body-Mind Centering® approach, you will learn ways to work with your organs for support and grounding, and experience the volume and ease they can bring to your movement and yoga practice.

Mariko Tanabe

Mind Centering® and the director of the licensed BMC training program in Quebec. She is also an Infant Developmental Movement Educator, yoga teacher, registered Somatic Therapist and Educator. Currently based in Montreal, Mariko has been performing and presenting her choreographic works for over 25 years in Asia, Europe, and North America. For 12 years she worked with American dance master Erick Hawkins as a principal dancer and teacher.

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Next *Saturday* Series workshops:

Embodying the Earth Phase
in Our Yoga Practice
with Cathy Keenan
Sat Apr. 8 · 1:00-4:00pm

Intro to the Feldenkrais
Method
with Linda Tyschenko
Sat May. 6 · 1:00-4:00pm

Life is Beautiful:
a Kundalini Yoga Workshop
with Kasia Kord
Sat Jun. 3 · 1:00-4:00pm