

# BUSINESS SPOTLIGHT

ADVERTISING FEATURE

## Yoga centre improves wellness of community



Patrons of the Fall River Yoga Centre take part in their grand opening on Dec. 11, 2010.

Fall River Yoga Centre is located at 1397 Fall River Road.



The Fall River Yoga Centre celebrated its Grand Opening in Fall River on Dec 11th. Many from the surrounding community enjoyed the opportunity to meet the staff of the Centre, participate in yoga demonstrations, enjoy healthy snacks provided by Chef Jeff and the Vegetorium, listen to live music, and share in conversation. People eagerly streamed through all day enjoying the peaceful space and light of the main studio. There were a few impromptu demonstration classes. The first, a class for children, had all the adults in the room wishing they could join in too. The day ended with a musical celebration in which everyone participated.

The yoga centre hosted its first classes in June 2010, a long anticipated occasion after collaborative planning

for five years. The owner, Kelly Brown, first met with Jo-Anne Cusack and John Coleman, two yoga instructors, with the vision of working together to create a yoga centre in the Fall River community. Michelle Murton, yoga instructor, soon joined the team. Ms. Brown purchased an older home and with the help of friends, colleagues, and a lot of "heart" work, created the new yoga centre. The result is a peaceful retreat for yoga and other wellness related activities. The centre is home to a passionate group of yoga teachers dedicated to offering the practice of yoga to Fall River and the surrounding communities.

Brown's vision for the Fall River Yoga Centre is a place where people can come together and experience the benefits of yoga and other activities focused on wellness. She envisioned a warm,

inviting, and open space available to all. Ms. Brown also sees the centre as a place where local professionals can work together to develop their skills and talents.

With her background and experience in social work and counselling psychology, Ms. Brown strongly believes that yoga can play a central part in improving the quality of one's life.

The Fall River Yoga Centre offers a safe, inspirational, relaxing, and positive environment for yoga classes for beginner through advanced students, children, prenatal, and couples, along with workshops related to health and well being.

The Fall River Yoga Centre is located at 1397 Fall River Road. For more information please visit their website at [www.fallriveryoga.com](http://www.fallriveryoga.com) or call 576-YOGA (9642).

## Introducing... Fall River Yoga Instructors



Joanne

Jo-Anne Cusack has lived and taught yoga for many years in Fall River and is delighted to be the manager of the new Fall River Yoga Centre. She is a certified advanced yoga teacher in the Kripalu tradition and a Reiki Master. She also teaches in Bedford and Cole Harbour. Throughout the year, she will present workshops at the Centre and offer them, as well, to the wider community of schools, businesses and non profit organizations.

Jo-Anne gently encourages each person to find strength and balance for their journey in life. One of her goals is that each person leaves class feeling 110% better than when they enter. Another is to teach lifelong skills for deepening awareness, stress reduction and increasing one's physical and mental well being. This allows space for reflection, meditation and growth.

Jo-Anne teaches a weekend workshop: Life is Beautiful-A Fresh Start with her teacher, Divya Prabha, each summer; a ten week course: Creating the Life You Really Want annually; as well as teaching Reiki to those who are interested.



Sheila

Sheila is a Hatha trained yoga instructor with a style that is influenced by studies in Vinyasa (Flow) Yoga and Don Stapleton's self-awakening Yoga.

Sheila draws on her background in the health profession to incorporate an exploration of the influence of yoga practice in our everyday well being. Sheila teaches like she practices: an approach that combines creativity and curiosity, playfulness, and precision. Sheila's classes are suited for beginners as well as advanced students.



John & Michelle

John and Michelle are partners and certified Kripalu yoga teachers. They co-lead safe, inspiring yoga practices integrated with mystical elements, enriched with live music, chanting, poetry and mudras. They offer beginner and advanced students the opportunity to step out of the hectic pace of life and to journey into the sacred, quiet space within, a space that holds infinite energy and stillness, as well as rest and renewal.

John and Michelle are co-founders of Touch Yoga [www.touchyoga.ca](http://www.touchyoga.ca) which reflects the many ways yoga can touch life. In sharing touches of their yoga-inspired passions, this includes training and experience in: food, nutrition, and mindful eating including growing food and cooking; exploring the sacredness in life through partaking in and sharing rituals from various traditions and cultures; acting as conduits for healing and transforming energy through the practice of Reiki; music and devotional chanting; and creative outlets including photography, poetry, soap-making, art cards, mala-making, and aromatherapy.



Kena

Kena is a certified Kripalu yoga teacher, having completed training with Atlantic Yoga Teacher Training. She is also certified in Prenatal & Postnatal Yoga and Yoga for Seniors. She very feels fortunate to be able combine her two greatest joys, teaching yoga and raising her two young sons.

Trained as a high school science teacher, Kena has moved from the classroom to the yoga mat sharing her love of yoga with adults and children. She took her first yoga class with her best friend in university over fifteen years ago and has been witnessing the transformative effects of yoga ever since. It was not long after her second pregnancy that Kena decided she wanted to teach prenatal yoga. Kripalu Yoga teaches us to focus on the breath, relax the body and mind, to be a witness to what is happening, and allow things to unfold organically. All of these elements are at the core of every prenatal yoga class.



Darlene

Darlene is a Hatha yoga instructor certified by Therapeutic Approach Yoga Studio. As a wife, mother, friend and legal assistant, life can be busy and yoga helps bring "samata" or evenness and balance into her life. Darlene teaches classes at the Fall River Yoga Centre, Purdy's Fitness Centre on the Halifax Waterfront, substitutes at Strides in Elmsdale as well as bringing yoga into her everyday life. Darlene also loves cooking for her family, hiking, biking, canoeing, gardening and enjoying nature.

Darlene has practiced Ashtanga, Iyengar and Kripalu yoga for over 10 years and incorporates these yoga styles into a vinyasa flow practice coordinating the breath and allowing the mind to open into moving meditation. She regularly attends various yoga workshops and has also attended workshops and training in Reiki, ayurveda and reflexology.

Beginner and Advanced Classes • Children's Yoga • Prenatal Classes  
Couples Classes • Yoga for Youth • Teacher Training  
Workshops and Special Events Related to Well Being

1397 Fall River Road  
[www.fallriveryoga.com](http://www.fallriveryoga.com)

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(9642)

