

Feminist Wellness Series

Centre for
Women's Studies
in Education (CWSE)

Self-care is an essential aspect of maintaining a balanced, well-rounded lifestyle. These workshops are designed to help feminists and social justice activists remain grounded and reflective, while empowering us to make positive changes, personally and collectively. Workshops are open to all fitness and experience levels.

Breast Health I with Julie Groulx, RMT

Become proactive about your breast health by exploring stretches, breathing, hydrotherapy and massage techniques that support your body's natural ability to heal itself. Massage therapy techniques for breast-feeding, scar tissue and edema will also be covered. Participants will be taught tools to increase their body awareness and to empower them to be active participants in the care of their breasts.

January 16, 1—3:30

Yoga with Angela Lytle, MEd

Explore a variety of tools from the wisdom of yoga for stress management, creating movement and openness in the body, and finding stillness and integration both on and off the mat. This workshop will develop short yoga routines and breathwork that can be used at home or on the go. www.insiteyoga.com

January 30, 2011, 1—3:30

Breast Health II With Sat Dharam Kaur, ND

Not sure how to eat or what supplements to take to have optimum breast health? Learn the advantages of a primarily plant based diet, why organic is best, and the benefits of numerous foods that can help prevent breast cancer. Clear up any confusion you may have around phytoestrogens such as soy and flax, and learn the principles of the Healthy Breast Diet. We will also explore the 10 best supplements to promote breast and whole body health.

Breast Health I is not required to take Breast Health II.

January 28, 1—3:30pm

Qi Gong with Roxana Ng, PhD

Qi Gong is an ancient exercise form from China that brings the breath, mind, and body into a state of balance. It is at once a healing art and a gentle martial art. This workshop introduces the basic principles and meditative and movement exercises of Qi Gong.

February 13, 2011, 1—3:30

Meditation with Sherap Andrea Winn, MEd

We can do more for the world when we are tending to our own wellbeing. Meditation can help to ground, centre, and rejuvenate you. In this workshop you will learn to meditate and will be empowered with tools to bring meditation into your daily life on an on-going basis.

February 25, 2011, 1—3:30



Five Sessions in 2011

Register for individual classes at

\$30

or the whole series for

\$120

**Registration deadline
January 4, 2011**

register at cwse@utoronto.ca

Series held at the CWSE/OISE, 252
Bloor W, downtown Toronto