



Yoga & Meditation @ Merrill House

September 2020

Serendipity Yoga


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Overview

Serendipity Yoga

Janice and Jeff are Registered Yoga Teachers with the Canadian Yoga Alliance (CYA - RYT 250 & 300) and are also certified in Meditation (CYA - MT) and Yoga Nidra. We focus on various styles of yoga and meditation that can complement your current physical fitness program as well as support your mental health.

Yoga and meditation could be a wonderful addition to everyone's everyday life bringing value to add to your service offerings to guests to further complement their stay at Merrill House.

Yoga Practices

- **Hatha**

The Hatha Yoga class is usually a slow-paced one and does not follow a flow. This class is perfect for beginners as it gently inducts you into yoga. If you are a seasoned Yogi, this class works as a great unwind. This class is all about basics. It teaches you how to breathe; it teaches you the postures, meditation and relaxation techniques as well.

- **Yin**

Yin yoga targets your deep connective tissues, like your fascia, ligaments, joints, and bones. It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

- **Gentle**

Gentle yoga is a softer, nurturing, slow-paced, well-supported and relaxing practice. It includes carefully orchestrated movements, controlled pressure, and well-measured stretches, including range of motion exercises.

- **Restorative**

Restorative yoga is a deeply soothing inward form of yoga where the body is placed in highly therapeutic postures that are supported with soft bolsters, blocks and cozy blankets while the mind is invited to slow down. The result is a state of relaxation much deeper than traditional sleep.

- **Hot Stone Restorative**

Restorative yoga with the added luxury of heated basalt stones that are gently placed on the body during these deep soothing restorative poses. The heat from the stones gently penetrates into muscles, melting away layers of physical and emotional tension, allowing you to relax in blissful comfort.

- **Yoga Nidra**

Yoga nidra is a practice that's becoming increasingly popular as both a form of meditation and a mind-body therapy. It is a systematic form of guided relaxation likened to a cross between guided meditation and therapeutic hypnotherapy which easily and smoothly relaxes you into a state of calm awareness. It is deeply relaxing, safe and nurturing. Practitioners say that it often brings immediate physical benefits, such as reduced stress and better sleep, and that it has the potential to heal psychological wounds. As a meditation practice, it can offer a profound sense of peace and well-being.

- **Meditation**

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent.

Ask us about our other options

- Partner Yoga
- Team building Events

Yoga practices hosted onsite at Merrill House. Inside or outside (weather permitting)

Pricing Matrix

Guidance in the following practices: Hatha, yin, yoga nidra, meditation

- \$20/person/hour

Guidance in the following practice: Restorative

- \$25/person/hour
- Max 10 per class

Guidance in the following practice: Hot Stone Restorative

- \$35/person/90min
- Max 10 per class

Serendipity Yoga will provide:

- Sanitized props - mats, blocks, straps, bolsters, blankets, sandbags, hot stones

