

# The Spirit of Yoga

An Evening of Kirtan & Kripalu YogaDance® for the Cure  
to support the Canadian Breast Cancer Foundation Ontario Chapter

**Saturday, November 8, 2008**

**7:00pm - 10:30pm**

**Thornhill Presbyterian Church: 271 Centre Street (Thornhill)**

**Centering with Aida Neves of Sunlilyoga®**  
**Kirtan with Sitara Maldonado**  
**Kripalu YogaDance® with Fern Westernoff**  
**Light Refreshments & Door Prizes**  
**(Please bring: a towel, blanket or a yoga mat)**



#### **Heather Skoll**

Heather is a Certified Kripalu Yoga Teacher, a Certified Rubinfeld Synergist® and is the owner of **Movement From Within**. I have seen the wonderful effects that yoga and synergy have as a way of connecting to our bodies, our spirits, and each other. I thank you all for your support and feedback.



#### **Sandi Hofbauer**

Sandi is a Certified Kripalu Yoga Teacher with a passion for the art of well being. She has been a yoga practitioner since 1991 and holds a certification in holistic nutrition. Her thirst for knowledge of the human body & mind has led her and inspired others onto the path of self discovery.



#### **Sitara Sylvania Maldonado**

(M.R.E.T., R.Y.T) Sitara is a holistic practitioner and professional-level Kripalu Yoga Teacher. Her passion is leading kirtan (devotional chanting) and co-creating spiritual community. She brings 20 years of acquired knowledge, skills and experience as a yoga and holistic practitioner to her work.



#### **Fern Westernoff**

Fern is a Certified Kripalu YogaDance® Instructor, having trained at the Kripalu Center with Megha. Fern has been leading classes and workshops for the past six years, and still delights in the joy that this play job evokes. By day, she is a speech-language pathologist.

**Hosted by Heather Skoll of Movement From Within & Sandi Hofbauer**

**All donations are welcome. Cheques preferred, payable to: CBCF**

Donations of \$20 or more will receive a tax receipt.

For more information & registration please email: [spiritofyoga@rogers.com](mailto:spiritofyoga@rogers.com)

or call: **905-770-5611** or visit: [www.movementfromwithin.com](http://www.movementfromwithin.com)

Dance space sponsored by **Thornhill Presbyterian Church**

In support of

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BREAST CANCER  
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