

# semperviva presents



## Essential Core Roots with Suzanne Slocum-Gori



### **About Suzanne Slocum-Gori, PhD, RYT**

*Suzanne Slocum-Gori is a Yoga Works certified instructor, an Iyengar and Ashtanga inspired training. She has spent time exploring various yoga traditions throughout North America and India, which allows Suzanne to provide rich and diverse experiences. Suzanne's classes foster healing, self exploration and deeper awareness by playfully and mindfully flowing. She emphasizes alignment, dynamic-flow and breath work, as well as opening of the heart. Suzanne also assists with Yoga Works and Yoga Therapy Teacher Trainings.*

*In addition, Suzanne develops and tests complementary medicine programs in order to improve the quality of life for cancer survivors within BC Cancer Agency and UBC Faculty of Medicine. Suzanne is a practicing yoga therapist for individuals living with chronic conditions. For more information please visit: [www.suzanneslocumgori.com](http://www.suzanneslocumgori.com).*



Life is a series of events that move us either to or away from a state of feeling centered in our lives. Every pose in our asana practice has the potential to take us toward equilibrium. When we develop an awareness and strength of our center, we are able to find a balance between expansion and strength throughout our lives. Core awareness and strength cultivate stability. Stability in your asana practice is essential in that it fosters a proper root system. A solid root system cultivates an upward expansion and access to our subtle body—the seat of our souls. Come join Suzanne to gain awareness of your center and strengthen your core.

**When:** Saturday, June 27<sup>th</sup> from 12:30-2:30pm

**Where:** Sea Centre, Granville Island

**Cost:** \$45.00 + GST per workshop

more info/ registration: 604-739-2009 | [semperviva.com](http://semperviva.com)