

# YOGA BASED STRESS REDUCTION PROGRAM

**SUSAN D. RANDALL**  
*BA, Ed, n.d.*  
**Meditation and Yoga  
Specialist  
Lifestyle Coach**



"Bringing  
the wisdom  
of the ages  
into the heart  
of everyday life"

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## About the Yoga Based Stress Reduction and Management Program

Yoga is a lifestyle choice that can touch every aspect of our lives – from the kitchen to the sacred space.

By integrating yoga practices and recommendations into our lives on a daily basis, we discover a time tested stress reduction and management program that works.

The program offers 2 approaches. *Your Yoga* is for those people whose daily lives are active and busy; *Initiation into Meditation* is for those who find more space in their day for personal work. Either choice will support you. You will receive practical tools for recognising and managing your stress, as well as a deeper understanding of how our feelings, thoughts and actions can impact our lives in a way that brings ease and joy.

### Benefits to you:

- Decreased physical and psychological symptoms of stress.
- Increased ability to handle life's challenges and respond more effectively to them.
- Increased ability to relax and enjoy the moment.

## About Susan

**Susan** is an educator. She is experienced in guiding people towards making intelligent choices based on their understanding and awareness. Her background lies in education and yoga. Half way through a successful teaching career, she embarked on a personal development program that took her to India for 15 years to study yoga and meditation. She has integrated her passion for the disciplines of education and yoga to now work as a meditation/yoga specialist and lifestyle coach.



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## YOUR YOGA

Choose this program if you wish to respond more effectively to your physical, emotional and work related stresses.

We will create a personal program based on yoga lifestyle practices. You will discover how to incorporate yoga philosophy into all the nooks and crannies of daily life. *Your Yoga* is a series of 3 private classes over a period of 5-6 weeks that provide the shift needed for your next level of growth. We offer knowledge, skills and support.

Session One: The assessment. Where are you now? We create an in-depth overview of your starting point, physically, emotionally and spiritually. We look at your posture, your eating habits, your areas of flexibility and areas that require stability. We need approximately 2 hours for this.

Session Two: One or two weeks later, we take 75-90 minutes to go through the personalized yoga program Susan has designed for you.

Session Three comes one month later. At this time, we evaluate your progress and make the necessary adjustments for you to continue on your path.

Cost is \$340 for the 3 sessions.

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## INITIATION INTO MEDITATION

This program is for you if you have more time to reflect. Maybe you are dealing with an illness – wishing to cope with pain, fatigue, anxiety, depression or just plain old wanting to bring more oomph back into your life.

Session One: Initiation into meditation. We answer at all the questions – why, what, when, where, how and who, and provide the tools for you to begin your practice. We need approximately 2 hours for this.

Session Two: This takes place two weeks later. We evaluate your progress, answer questions and make the necessary adjustments for you to continue on your path

Session Three is optional and can happen one month later. This is a further follow up session to iron out any confusion that may have been created.

Cost is \$180 for 2 sessions and \$250 for three.

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## Where do we meet?

Susan's office is located in her home in Chelsea:  
1-911 Route 105  
Chelsea  
QC J9B 1P3

Chelsea, a charming village situated on the edge of Gatineau Park, is approximately 20 kms.north of Ottawa.

From Ottawa, travel on Highway 5 north towards Maniwaki. Take exit #13 to bear right onto Scott Road. You will soon arrive at Route 105; turn left and drive for 1km. to reach #911, a driveway on the left. You may also take exit #12, where you will turn left to drive through the village to access Scott Road on the right.



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