

Shugendo Yoga

Imagine a simple yet profound personal practice that harmonizes the body, mind and spirit.

A practice adaptable for all. A practice that is available to the masses.

A practice known for its healing ability.

The practice is Shugendo Yoga.

As featured in "Inner Tapestry" magazine, "Connections Scotland" magazine, and "Martial Arts International" magazines, Shugendo Yoga is the latest and most influential yoga style. Acknowledged by the World Yoga Hall of Fame, Shugendo Yoga is a healing and spiritual based yoga designed to enlighten and heal the body. Unlike the hardcore stretching yoga commercially practiced, it adapts postures (which is only 1/5 of the practice) to the ability of the person. Utilizing the knowledge of the energetic body it includes chi kung, mantra, asana, meditation and hands on healing into each session to produce a fresh, rejuvenated and balanced individual. Shugendo Yoga is ideal for beginners to advanced yoga practitioners of every shape, age, and gender.

An introductory course on Shugendo Yoga will be offered in Canada for the first time. This course is for everyone from people interested in yoga and healing to instructors.

Sunday June 12
1 pm - 5 pm
Olympia Banquet Room
\$40



Chris Bashaw and Rick Wilmott
Founders of Shugendo Yoga

Chris Bashaw, RN is an experienced practitioner of several holistic healing systems. He holds a Doctorate in Divinity, is an ordained Buddhist Priest and shamanic practitioner. Chris is also a renowned psychic and medical intuitive.

Rick Wilmott is a martial artist and healer holding high black belt rankings in several martial arts and is an inductee in several martial arts hall of fame. He is a Certified Shiatsu Therapist and a student of Toshiko Phipps who was the first qualified Shiatsu Therapist to teach in the United States and founder of the Nippon Shiatsu Daigaku.

Register with Kawartha Hoshin Training Centre at info@khtc.ca or 705-878-0540