



**Squamish Yoga
Coop Weekend
8-10 June**



**Mayne Island
Weekend 15-17 June**



**Mokšana Studio
Victoria 19-20-21
Daily 2 h practice**



**Hornby Island
Long Weekend for
Women 22-25 June**



**Courtney/Comox
Yoga Day 30 June**



'THE CALL OF THE SERPENT'

Vancouver, BC

Sama Fabian & Tanya Syed

Yoga, Sacred Sound, Philosophy, Shamanic Practices

The Squamish Yoga Coop 8-10

'Spiralling Inward' with Sama & Tanya

We take a deep breath to travel into the body's bones and cavities to channel prana and ignite a profound sense of presence. Long timing pranayama and sound practices toning the subtle pathways, guided meditations, mudras and Nidra.

Mokšana Yoga Studio, Victoria 19-20-21 Daily 2h practice.

Integrated Yoga practices with Sama

Standing, sitting, twisting and back bending with integrity, connected to the elements, the breath and rooted in your personal power.

Hornby Women Circle 22-25

'Yogini-Shaman' with Sama & Tanya

We journey into the darkness through unknown territories to meet our cosmic self. Free, fierce, passionately vibrant with womb power and a renewed sense of purpose to act upon the world with wisdom and a compassionate heart. Ceremony, journeying, Yoga-Dance, Sonic Meditations, silence and deep Nidra.

Mayne Island 15-17

'Awakening the Serpent' with Sama & Tanya

We move from root to crown meandering through a wide range of accessible practices that cover all spinal movements.

The Samanga form including Aulolab Surya Namaskaram, breath, sliding Sound from root to crown and Nidra.

Courtney-Comox 30

'Root to Fly' with Sama

We rise from the depth of our rooting to compassionately meet our selves just as we are. Postural sequences and sound explorations accessible to all.



Sama and Tanya combine a rich spectrum of practices that arise from 25 years of collaboration and continuous studies. They integrate ancient practices from the living traditions of Yoga and Shamanism with contemporary explorations into biopsychology.

They run The Green House School of Yoga and Healing in Wales, UK where they offer Yoga Teacher and Post Graduate Training Courses and Trauma Awareness.

Sama has been teaching an Integrated Yoga practice since 1985. She is a Shamanic Counsel and a Craniosacral Therapist. Tanya has been exploring and teaching Sacred Sound for 18 years. She is a Craniosacral Therapist and a Somatic Experiencing Practitioner. Both infuse their teachings with creative and vital authenticity, laughter and sensitive compassion. www.aulolabyoga.net www.thelisteningbody.co.uk

