

# yoga with eoin finn

## Offerings 2006 - 2007

late June – Sept 2006	Outdoor Summer Classes at the Kitsilano Showboat, adjacent to the pool. Great all levels flow style classes with Eoin. Beginners & Drop-ins always welcome. Mats provided. Please bring sunscreen & a small towel
July 2006	Positive Force Yoga System Level II course (For those who have completed Level 1)
July 2006	Blissology Discussions – ongoing. Join us as we talk about topics as diverse as “living a balanced life in an imbalanced world,” or simply sip chai and sample tasty treats
August 2006	Power Yoda Party – details will be posted on <a href="http://vancouveriyoga.com">vancouveriyoga.com</a>
Friday October 20 – Sunday October 22, 2006	Positive Force Yoga System Level I course At the Centre for Peace (16th Avenue @ Burrard)
November 2006	Positive Force Yoga System Level 1 course at Yoga Bliss Studio, Oakville, ON
January 2007	Positive Force Yoga Level 1 course
Saturday February 17 – Saturday February 23, 2007	Yoga Ecology Surf (YES) Retreat in beautiful Tamarindo, Costa Rica. Cost \$1300 / all meals included. Early Bird Special. If you register before November 1, 2006 Cost is \$1200.
March 2007	Teacher Training with Eoin: 4 weekends, details, location TBD
April 2007	Workshops in Seattle, Minneapolis, Florida
May 2007	Positive Force Level II course

For more updates and information please visit [www.vancouveriyoga.com](http://www.vancouveriyoga.com). Namaste!

## POSITIVE FORCE YOGA SYSTEM



Great for teachers and students of yoga, the Positive Force Yoga System is a clear, logical and fun system for understanding and teaching the correct alignment of yoga asanas. In this course, we will learn how to bring our physical structure into balance and align the joints by following the Positive Force Principles, so that eventually we feel more lightness and grace in our yoga practice. The method is to learn basic anatomical reference points.

We can then line these points in the body to create patterns that we will use as building blocks for all yoga poses, from the most complex to basic, suddenly making yoga poses easier to understand. And if the student can maintain the alignment of the Positive Force reference points and not “go around” them in order to go deeper into the pose, then the yoga experience will become safer, more therapeutic, more fun and will facilitate better ‘energy flow’ and bliss.

## YES (Yoga Ecology + Surf) Retreats



YES retreats are a powerful, personal experience that are also outrageously fun. Nothing makes you feel more alive than feeling connected to a community of fun-loving, positive, compassionate individuals like the people who join us on these trips. We will connect with the ocean and the natural world, allowing our yoga practice to truly take us to a place of union. Relish blissology discussions, eat delicious, local organic food and experience life with your whole being.

Our next retreat is Feb 17 - 23, 2007 in Tamarindo, on Costa Rica’s scenic Pacific Coast. Cost includes accomodation, yoga and all meals and is \$1300.

## About Eoin

*Eoin Finn is a Yogi, surfer, and blissologist who calls Vancouver, BC, home.*

*He has studied Yoga, Eastern and Western philosophy, martial arts and meditation since 1987. He is the creator of the Positive Force Yoga System, has a line of acclaimed yoga dvds and has been featured in multiple interviews on CBC Radio, Yoga Journal and various other media.*

*An avid surfer himself, with a background in adventure sports, Eoin brings an innate sensibility of the physical, mental and spiritual potential of the body into his teaching. He also conducts YES (Yoga Ecology Surf) Retreats around the world, fusing his deep respect and love for nature with yoga for his students.*



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