



## 40 Days To Self Mastery

### **What's included:**

The 40 Days to Self Mastery program is a 5-week guided yoga and meditation program facilitated by Shaninder Virdi. Participants will be guided through a series of breath, movement, and sound-based practices to facilitate mental health recovery and bring about change. This virtual program includes 5 weekly 1.5-hour group sessions and 5 optional weekly 15-minute individual check-ins during which participants can discuss any challenges or changes directly with Shaninder.

Sessions are accessible which means content will be adjusted to accommodate the abilities of participants. Shaninder strives to create a safe, trauma-informed, and culturally responsive space. Group and individual sessions will be delivered through a secure video platform.

**Group sessions:** Thursdays 7.00-8.30pm EST/Individual sessions: arranged directly with Shaninder

**Start date:** Thursday January 11th, 2024

**Facilitator:** Shaninder Virdi is a yoga and meditation instructor. After 10 years of working in the luxury fashion industry and not being fulfilled in contributing to material consumption and unrealistic image standards, she decided to leave the corporate world. After some travel and further yoga training, she has spent the last 7 years supporting mental health and wellness initiatives in the Greater Toronto Area.

Shaninder has over 10 years of teaching experience and has received training in India, Canada and Guatemala. She uses simple and accessible techniques to a wide range of ages and abilities that can be incorporated into one's daily routine. She has supported a diverse range of community members, including chair yoga for seniors with mobility limitations, grief support programming for the South Asian community, yoga for children and youth in the school system and corporate team seminars to promote healthy work environments.

Yoga translates to connection. She is an advocate in helping others to find community and to allow others to discover their inner gifts. She encourages others to express through the use of sound, movement and breath. The tools she shares help to manage stress, reduce anxiety, increase mobility and flexibility.

Her adaptability, approachability and openness has created a strong network of community members that continues to grow. She envisions everyone to see that they can reach self-mastery and truth.

**Cost:** \$500 (\$100 per week)

**Contact:** To register or learn more about Spirit of Health, you can email us at [info@spiritofhealth.ca](mailto:info@spiritofhealth.ca) or call 647-948-7244.