

Dear Parents & Students,  
**SHIAMAK DAVAR International [Canada] Inc** is happy to announce **Shiamak's Yoga – Inner Dance Movement Classes** in Calgary.  
 Conducted by Yoga Acharya Dinyar Mistry

## SHIAMAK'S YOGA

### INNER DANCE MOVEMENT

A UNIQUE VISION OF WORLD RENOWNED  
 CHOREOGRAPHER SHIAMAK DAVAR  
 combining elements of  
 YOGA, BREATHING techniques  
 and Shiamak's Indo Jazz DANCE movement

**SHIAMAK DAVAR INTERNATIONAL (CANADA) INC.**  
[www.shiamak.com](http://www.shiamak.com)

## SHIAMAK'S YOGA

### INNER DANCE MOVEMENT

SHIAMAK believes  
 "In the Power of Prayer"  
 "We are Spiritual Beings Having Physical Existence"  
 "Our Body is our Temple we Must Respect it"  
 "The Mind Must be Taught to Reflect Beauty only Beauty"  
 "Earth is a School we come to for our Test Training and Karma"  
 "Each One of us Has a God given Gift "

SHIAMAK'S INNER DANCE MOVEMENT class takes you on a journey of self-discovery. Yoga is a timeless technique which has been tried and tested through the ages. Yoga brings about Harmony and Integration of being, with Dance - an Expression of the Soul. Both of these potent arts combine to get your BODY, MIND AND SPRIT working in Alignment. Connecting Your Soul to Soul!

अज्ञानं ज्ञानं प्रति  
 Lead me from untruth to truth

अज्ञानं ज्ञानं प्रति  
 Darkness to light

मृत्युं अमृत्युं प्रति  
 Death to immortality

**SDI**  
Shiamak's Dance International

**Call :403 973 7340 Email [calgary@shiamak.com](mailto:calgary@shiamak.com)**  
[www.shiamak.com](http://www.shiamak.com)

**SHIAMAK's Yoga – Inner Dance Movement** includes  
 Hatha Yoga Postures – to keep the body healthy, strong and flexible  
 Breathing Techniques – to regulate and balance the energy in the body  
 Shiamak's Inner Dance Movement – smooth and flowing dance routines which work on the body like dynamic meditation  
 Relaxation – to calm the ever restless mind and rest the body

Classes are designed to restore, align the Body, Mind and Spirit!!!

Click on the following link for Shiamak's Yoga featured on OMNI Tv's "Chai Time"

[http://www.youtube.com/watch?v=8G6ngK\\_NYQ8](http://www.youtube.com/watch?v=8G6ngK_NYQ8)

Click on the following link to see Shiamak's Yoga performed by Vancouver students at Summer Funk™ in Vancouver

<http://www.youtube.com/watch?v=3FhEEzHfih4>

### **Come and Celebrate YOGA with us**

Introductory Price: \$10 Per Person Per Class

If YOU Bring in a Friend, YOU pay \$5 for the Class [Your Friend pays \$10 for the Class]

Incase you Register for the Full Session at a Venue;

Falconridge NE: \$30 [For 4 Classes]

Dalhousie NW: \$30 [For 4 Classes]

Anderson SE: \$50 [For 6 Classes]

Westgate SW: \$50 [For 6 Classes]

### **Workshop Schedule:**

Falconridge NE: Friday 4:45pm to 5:45pm [Oct 16, 23, 30, Nov 6]

Dalhousie NW: Thursday 7:00pm to 8:00pm [Oct 22, 29, Nov 5, 12]

Anderson SE: Wednesday 6:30pm to 7:30pm & Saturdays 2:00pm to 3:00pm [Oct 21, 24, 28, 31, Nov 4, 7]

Westgate SW: Tuesday & Thursday 5:00pm to 6:00pm [Oct 20, 22, 27, 29, Nov 3, 5]

**Please note: Limited Spaces Available. Pre-Registrations required. Call or Email NOW to register yourself!!!**

Thank you!!!

Regards;

SDI Management [Calgary]