

Spiritualize Your Workout and Workout Your Spirit



Naam Yoga® is a powerful practice that simultaneously and systematically brings healing to every part of the body by combining rhythm, healing hand postures, stretching, breath patterns, sound and movement in one enjoyable, exercise routine. Sequences can be organized for any age group and may be experienced by anyone regardless of their current health status.

Naam Yoga® is the science of harmonizing unhealthy cellular memories and establishing beneficial vibrations within the physical and subtle (auric) bodies. During class students are guided through sequences that infuse every part of the body and mind with uplifting thoughts, feelings and words. Best of all, this practice is fun, challenging and engaging, both mentally and physically. Each class culminates in Naam Yoga® meditations, which are an exciting and delightfully fresh way to keep the mind sharp, the body healthy and the spirit high.

Naam is Sacred Sound The effect of vocally vibrating Naam is akin to but vastly more powerful than reciting positive affirmations. It heals the conscious and subconscious mind where deep negative patterns are stored. Through chanting Naam, meridians in the mouth and face are stimulated to create healing in the brain, immune, nervous and hormone systems. A regular Naam practice increases mental clarity, peace of mind and improved communication.

Mudra and Meridian Point Therapy Mudras are healing hand postures used in Naam Yoga to stimulate reflex points which act as system wide doorways for circulation and regeneration for the entire body. Additionally, Naam Yoga leads students in the process of consciously stimulating the body's vast matrix of energy meridians so as to reverse physical, emotional and mental imbalances and strengthen the body's restorative capacity.



Contact Natural Synergy Day Spa in Parksville to register for the next class and visit with Certified Naam Yoga Therapist Sharron Hudson or email: sharrinaam@gmail.com with enquiries or to book a private consultation.

** (Consultations may be in person or at a distance we will utilize technologies available.)