

CFUW Ontario Council Speaker Series—November 30, 2019

Pathways to Aging Well—Afternoon Workshop:

Yoga for Empowered Aging, Eating for Better Health, Meditation for Peace of Mind



Cheryl Crosby

Cheryl has a Business Management degree from Ryerson University and it was while working in the Marketing field in the late 1980s – early 90's that she turned to yoga, meditation and healthier food choices to nourish her whole being. Within a very short time she quit her Marketing job and started her own company.

She is a registered Advanced Yoga Teacher and Yoga Therapist and has been teaching Yoga and Meditation to all ages for over 26 years. For the past 23 years she has designed and overseen a very successful Yoga and Meditation program for the City of Richmond Hill. She also offers one day retreats.

Cheryl is also a Registered Holistic Nutritionist who for the past 10 years has shared her nutrition knowledge through offering primarily Vegan Cooking classes.

Her motivation is to help others live healthier, happier and more balanced lives.

Afternoon Workshop:

Yoga for Empowered Aging: Benefits of yoga include: better posture, improved balance, enhanced coordination, greater range of motion, higher strength, reduced levels of anxiety and improved walking skills. Learn important “Do’s & Don’ts” of a healthy yoga practice. Experience a simple yoga flow developed and clinically tested by Dr. Loren Fishman, a (35 year) Yoga teacher who specializes in rehabilitative medicine as part of an integrated healthcare approach for healthy aging.

5 Steps to Eating for Better Health: Back to basics, time-tested nutritional choices.

Meditation for Peace of mind: Experience simple seated meditative practices to help you relax physically and mentally; accept life on its own terms; feel more alive, connected and content and find inner peace.