



**We want to invite you to our Hatch family, a unique Yoga Community located in the heart of Mississauga.**

**Check our website at <https://www.hatchyoga.com/>**

In our western society, the practice of yoga took all kind of shapes and forms; different studios and different teachers offer different experiences. At one end of the spectrum it can be just a physical workout, and at the other, a doctrine full of rituals and traditions that are difficult for us to relate to in modern society. At Hatch, we capture the essence of yoga with a unique holistic approach. Every single member of our staff shares this philosophy; we start from the premise that you are already perfect and everything you need is in you. You just need to “hatch”, and our job is to guide you with compassion and care.

***Hatch is not a company but a family, in which each and every one of its members is precious to us.***

We offer a variety of yoga styles: hot yoga, non heated yoga, vinyasa, hatha yoga, yoga for runners, detox flows, core flows, yin yoga, restorative, Pilates and yoga injuries and reduced mobility, and we have classes catering to different levels including beginners, intermediate and advanced. We also offer meditation classes, mindfulness programs, nutrition counselling, reiki, and life coaching.

Our Intense Mindful Living Course starts on Wednesday September 11. It runs for 8 weeks from 6:30 to 9 pm. This course is perfect for people dealing with grief, loss, depression, addiction, relationships and self esteem problems and chronic pain,

If you are interested, check <https://www.hatchyoga.com/yoga-services/mindfulliving/>

*Many of us wonder everyday how we manage to juggle the pieces of our lives and handle our responsibilities to family, friends, work, our health, finances, while leading a full and satisfying life. It sometimes doesn't take much to unsettle the delicate balance of forces in our world, leaving us struggling to right the course. So how do we find a way back?*

*One route is in practicing mindfulness. Intensive training in mindfulness meditation can cultivate states of relaxation, improve physical symptoms of pain and chronic illness, open our minds to greater insight, and enhance our physical health and sense of wellbeing for fuller, more satisfying lives.*