



A LEAD IN TO YOGA

Yoga is breath. Yoga is connection.



YOGA BUILDS COMMUNITY

AKA THE TRIBE

Create Balance Inspire Wellness

ABOUT INNER REVOLUTION

INNER REVOLUTION IS A YOGA STUDIO THAT NURTURES THE WHOLE PERSON FROM A TOTAL WELLNESS PERSPECTIVE. WE ARE LOCATED AT 700 MARCH ROAD ON THE CORNER OF TERRY FOX AND MARCH IN THE CENTER OF THE HIGH TECH COMPANIES IN KANATA NORTH.



MY JOURNEY TO
FIND A TRIBE

MY STORY- MY BACKGROUND

BRENNA BELLHOUSE-YOGI/PRENEUR

- LEARNED TO PRACTICE MEDITATION AT THE AGE OF 8
- STUDIED RELIGION AND KINESIOLOGY AT MCGILL UNIVERSITY
- YOGA TRAINED AFTER UNIVERSITY
- TAUGHT ELEMENTARY, SECONDARY, AND COLLEGE IN THE RECREATION AND FITNESS AND HEALTH PROGRAMS
- DEVELOPED ONLINE ANATOMY COURSE FOR ALGONQUIN COLLEGE HEALTH AND FITNESS
- OPENED INNER REVOLUTION YOGA STUDIO IN 2014



TRIBE 1

TRIBE-

IS A GROUP OF PEOPLE, OR A COMMUNITY WITH SIMILAR VALUES OR INTERESTS

WE BELIEVE THERE ARE THREE KEYS TO HARNESSING YOUR OWN INNER

REVOLUTION:

OUR COMMITMENT

TO SPEAK PASSIONATELY, ACT THOUGHTFULLY, AND CONNECT THE MIND,
BODY AND SPIRIT THROUGH YOGA.

OUR MANTRA

BALANCE, PASSION, BEAUTY

VISION

FOR EVERY MEMBER OF OUR TRIBE TO RADIATE INNER BEAUTY AND INSPIRE
WELLNESS IN OTHERS.



TRIBE 2

TRIBE-

IS A GROUP OF PEOPLE, OR A COMMUNITY WITH SIMILAR VALUES OR INTERESTS

THE HIGH TECH INDUSTRY

PEOPLE FROM OTHER COMMUNITIES THAT WORK IN THE AREA ARE NOW
JOINING OUR TRIBE. THE "BUSY BEE" WORKER COMES OVER FOR THEIR YOGA
BREAK.

-RELEASING STRESS

-HELPING OPEN THE BODY FROM SITTING

-CREATING A MORE PRODUCTIVE EMPLOYEE



TUESDAY YOGA @ THE HUB



TRIBE 3

TRIBE-

IS A GROUP OF PEOPLE, OR A COMMUNITY WITH SIMILAR VALUES OR INTERESTS

LOCAL BUSINESS

PEOPLE WHO MAKE AND USE LOCAL ORGANIC PRODUCTS. HELPING OTHERS
HELPS US. WE ALL ARE IN THIS TOGETHER.

WIN WIN WIN!!!

-BUY AND SELL ONLY CANADIAN AND IF POSSIBLE LOCAL

-CREATING A SUPPORT NETWORK WITHIN

-HELPING GROW LOCAL BUSINESS SUPPORTS AND SUSTAINS OUR ECONOMY

PUT YOUR \$
WHERE
YOUR ♥ IS
BUY LOCAL

TRIBE 4

TRIBE-

IS A GROUP OF PEOPLE, OR A COMMUNITY WITH SIMILAR VALUES OR INTERESTS

EDUCATION & SPORTS

(FYT) FUNCTIONAL YOGA TRAINING FOR EDUCATORS- MISSION IS TO CREATE CURRICULUM FOR THE ONTARIO SCHOOLS TO HAVE MANDATORY YOGA.

(SSY) SPORTS SPECIFIC YIN YOGA- BRINGING A YOGA PHILOSOPHY TO SPORTS THAT IS DEEPLY ROUTED IN YIN AND RESTORATIVE YOGA.



HAT TO TEACH
OGA IN YOUR
CLASSROOM?

FUNCTIONAL YOGA TRAINING



BECOME CERTIFIED TO
TEACH YOGA IN YOUR
CLASSROOM



FOR MORE INFORMATION OR TO TRY A FREE CLASS

SIGN UP FOR OUR NEWSLETTER AT WWW INNERREVOLUTION CA

WE ARE LOCATED AT 700 MARCH ROAD, SUITE 200. RIGHT

ABOVE THE BARLEY MOW.