

A LEAD IN TO YOGA

Yoga is breath. Yoga is connection.



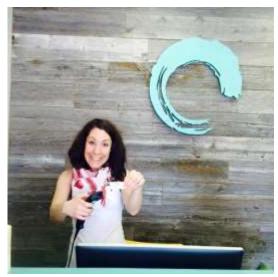
YOGA BUILDS COMMUNITY

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 MEDIATION AT THE AGE OF &
- -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



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.



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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

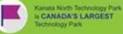
-HELPING OPEN THE BODY FROM SITTING

-CREATING A MORE PRODUCTIVE EMPLOYEE



FACTS:

Kanata North is Canada's largest Technology Park and a recognitechnology Innovation. Located in the center of a thriving and vibran game-changing companies who compete on the world's









Karusta North enjoys: a unique and diverse culture that embrace passion for technology. Employees and businesses alike I Kaneta North is the place where #SeriousTechLivesHi



one of the **FASTEST** GROWING

COMMUN

The Community Hub is you can join in on a you lunch from a food buck on Legget Drive behind across from QNX.

TUESDAY YOGA @ THE HUB



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



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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.



FUNCTIONAL YOGA TRAINING





FOR MORE INFORMATION OR TO TRY A FREE CLASS

SIGN UP FOR OUR NEWSLETTER AT <u>WWW.INNERREVOLUTION.CA</u>

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

ABOVE THE BARLEY MOW.