

Active Communities hosts local Yoga Retreat



THE RETREAT was held at Lobelco Hall

BY JOAN COLE

Sixteen Bella Coola women were guided on their path towards awareness of the principles and practice of yoga at a retreat on the last weekend in March. Jules Payne, an accomplished yoga instructor living in Victoria, inspired the group and increased the participants' understanding of the history and theory of yoga. People strove to follow these precepts in their practice throughout the weekend.

The retreat, organized by Monica Tutt for Active Communities Bella Coola, started on Friday night at Lobelco Hall with an introduction to the essence of yoga. The tone was set as attendees entered a calming and darkened room, with candles and fresh flowers. Soft music and a faint hint of incense gently fostered a relaxing atmosphere.

Jules began with a discussion of the background and benefits of yoga practice, followed by a class in

which various asanas (poses) were introduced. The evening ended with a guided relaxation.

Both Saturday and Sunday mornings started with a silent sitting meditation allowing participants to relax and release worries and calm mind chatter before starting class. Each asana practice lasted for about two hours, with a different focus for each. One session was concerned with improving core strength, another with opening and releasing tension in the shoulders.

Jules talked the class through the poses, described the muscles and movements involved, and offered suggestions to participants who wanted them. Her talent was to enable class members to feel more relaxed yet in control as we moved our bodies through the poses.

On Saturday, after a walk and lunch break, the yoginis broke into groups of three for discussion of yoga philosophy and applications, with an opportunity for the sharing of experiences and emotions. During this time, participants had the opportunity for a 10-minute one-on-one session with Jules, to ask questions about their individual practice.

Another yoga session followed this theoretical pause. The day ended with a sushi and salad dinner at Beth Jay's nearby home, and a chance to get to know fellow yoga enthusiasts.

After participating in the 40-hour retreat, having

stretched and exercised their bodies, the yoginis also had their knowledge and perspective of yoga deepened and broadened. They became more aware of how their bodies moved, of their strengths and of areas needing attention. All involved intend to expand their practice and hope that another retreat will happen in the future.

There are several Valley yoga opportunities. Janice Kyle teaches a beginners class Monday and Wednesday at 5 pm in the CE Centre. There is yoga at the Fitness Room on Tuesdays at 5 pm in Lobelco Hall. You can phone Monica Tutt at 799-5811 for information on yoga or yoga classes.

One Issue

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Nuxalk Health & Wellness
Box 392, Bella Coola, BC, V0T 1C0

EMPLOYMENT OPPORTUNITY

Nuxalk Nation wishes to hire a part time (14 hours per week) **Aboriginal Mental Health Outreach Clinician** to offer mental health services to children, youth and their families. Child and Youth Mental Health Programs provide specialised mental health assessment and treatment services to children, youth and their families when the child or youth is suffering serious emotional, psychological, or behavioural disorders.

The Aboriginal Mental Health Outreach Clinician agrees to meet with children, youth and their families both in and out of office settings, including but not limited to their home, community agencies, community centers, and schools. In coordination with other community agencies and professionals, the Outreach Clinician provides a range of mental health services to Aboriginal children and youth including direct clinical services such as intake assessment, diagnosis, treatment and crisis intervention; consultation/liaison with community agencies both on and off reserve, schools, hospitals, and MCFD programs; involvement in community education, development, coordination and prevention/early intervention programs; and program development and evaluation.

Required Education:

MSW (clinical specialisation or equivalent training/education), M.Ed. (Counselling), MA (Clinical Psychology), Masters Degree

Nuxalk Health & Wellness

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EMPLOYMENT OPPORTUNITY

Nuxalk Nation is looking for a part time (up to one hour per week) **Senior Child and Youth Mental Health Team Leader / Rural Coordinator** to provide supervision for our Aboriginal Outreach Clinician delivering services (up to 14 hours per week) to Aboriginal families and their children / youth in Bella Coola.

In your capacity as the Team Leader, you will have the responsibility to assist Nuxalk, in collaboration with relevant partners including the Ministry of Children and Family Development, in designing a culturally relevant Child Youth Mental Health service. The service will include treatment and support as well as early intervention and risk reduction. You will administer child and youth mental health services, and function as the senior clinician providing direction, leadership and supervision to the Outreach Clinician. You will possess the authority, accountability and responsibility to plan, develop, manage, coordinate and evaluate the delivery of mental health services for children, youth and families in our community. You will be directly accountable for the quality of service clients receive from the Outreach Clinician, you will also monitor standards of multidisciplinary professional mental health practices in accordance with established standards