



Eva Maxine Hamilton

Yoga Workshop Menu

PROFILE

Eva Hamilton is a certified & experienced yoga teacher from Canada currently living in the United Kingdom. She has taught yoga for 10 years and accumulated 1000 hours of certified training in different paths & modalities in yoga.

She specializes in Yin Yoga, Restorative Yoga, Yoga for Anxiety, Yoga Therapeutics & Anatomy, Thai Yoga Massage, Myofascial Release, Yoga Philosophy, Energetic Anatomy & Mala Crafting.

For more bio information, please check out www.eva.yoga

Namaste & Gratitude,
Eva



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STILLING THE WAVES: YOGA FOR ANXIETY

An integrative mind-body workshop based on yoga philosophy, contemporary research & 10 years of personal experience. Stilling the Waves offers practical techniques & resources inspired by yoga to support stress & anxiety.

Learn more about my story & teaching approach at:
www.stillingthewaves.com

For people struggling with anxiety, or teachers seeking tools to support anxious clients, this workshop will help you integrate the wisdom & benefits of yoga in an accessible, effective & meaningful way.

My anxiety at a young age is what brought me towards yoga. Later as a teacher, I began to direct my studies as a yoga teacher to better understand my own anxiety and support my clients with their own. I became increasingly curious about the nervous system and how we can use breath, meditation, and movement to shift its responses. As a yoga teacher, I am less invested in helping a client touch their toes, as I am in helping them breathe deeper, relax more fully or find less stress & more joy in the hours of each day. I believe that yoga is not a substitute for any other form of care, but an additional support. Yoga supplies an amazing body of wisdom & techniques we can learn to draw on in anxious moments.

We will open with an embodiment exercise & dialogue about the science & philosophy of yoga for mental wellbeing. From theory to practice, Eva will then lead you through a class designed to release anxiety in the mind & body, including meditation, pranayama, mindful movement, embodied massage and restorative yoga. The practice is instructed for all-levels & the movement is intentionally uncomplicated.

Clients will receive a take-home worksheet summarizing the workshop material & practice.

Time/Duration: 2.5 - 3 hours

Capacity: 15-25 yogis

Materials required: mats, blocks, bolsters, blankets, tennis or therapy ball

Suggested Client Investment: €25-40



DESIGN, CREATE & MEDITATE: YOGA & MALA MAKING WORKSHOP

This workshop holds creative space for each student to craft their own unique mala with all materials provided & supportive guidance. A wonderful afternoon of yoga, meditation & mala making!

A mala is a traditional Indian garland or necklace of 108 beads, used as a tool for meditation (similar to the Western rosary). Not only are these pieces beautiful, they can assist you in actualizing a mantra, supporting your energy & traveling with you as a reminder of your true self & your path.

This Workshop:

- Opens with a short & sweet all-levels yoga practice to connect to the physical body, emphasizing creative movement, hip releasing & heart opening - before sitting down still to craft!
- Explores mantras & intention setting to help participants integrate intention & meaning into their mala & mala making
- Offers a chakra visualization meditation to introduce the energy centers & emotions associated with the crystals provided
- Shares about the symbolism, history & function of malas
- Guides you through creating your mala from design to finished product!
- All materials will be provided, including sacred Indian rudraksha & sandalwood beads, & a selection of semi-precious crystals (like quartz, amethyst, turquoise, moonstone, etc), + tassels & accents.
- Closes with a mala (japa) meditation practice to experience working with your mala

Time/Duration: 2.5 - 3 hours

Capacity: up to 20 yogis (numbers must be confirmed in advance for materials)

Materials required: mats, blankets, bolsters if available.

Suggested Client Investment: €50-60

Material Costs:

All mala making materials will be provided & are included in the client cost. A €100 material deposit is required from the studio at the time of booking to secure necessary workshop materials. I am able to procure all materials at a very reasonable cost (total material costs should cost less than €200). Materials can take up to one-month delivery, so we just need to plan in advance.

My preferred arrangement for this workshop is to subtract all material costs from the total workshop profit & then divide the remainder based on an agreed upon percentage between studio & instructor.



EMBODIED MASSAGE: MYOFASCIAL RELEASE FOR YOGIS

Learn an amazing therapeutic skill set you can incorporate into your yoga practice to reduce tension & pain and improve comfort & mobility. This workshop will teach a full body massage through simple techniques that you can integrate into your practice to transform both muscle & connective tissues.

Explore the significance of our fascia & how to unpack tension held deep within your body. We will use a synthesis of techniques & tools including blocks, rubber therapy balls & our own hands to create a physical release. This approach compliments all levels & styles of yoga, whether a strong, athletic practice or a focus on grounding & relaxation. The techniques are wonderful for enhancing body awareness, quieting the mind & creating a direct mindful connection to the moment.

Participating yogis will receive a take-home guide to support your practice with simple, effective, inexpensive & easy methods to support your yoga practice & daily life!

Time/Duration: 2.5 hours

Capacity: 20-30 yogis

Materials: Myofascial release therapy balls must be provided for workshop

Can include in client cost for an extra £15 as take-home gift per client.

If impossible, tennis balls can be used, however, the results may be less profound.

Suggested Client Cost: €25/30 without balls, €40/45 with therapy balls



THAI MASSAGE 101: PARTNER WORKSHOP

This workshop is an introduction to Thai Yoga massage, offering safe & thoughtful guidance to help you to give (and receive!) massage techniques.

Thai Massage combines assisted stretching, energetic awareness & different massage techniques in an energizing & relaxing whole body experience. Thai Massage is also known as the expression of Metta - loving kindness, communicated through the language of touch. The massage is healing to the recipient & the giver. You will work with one partner - so bring a lover, a friend or anyone you feel comfortable working with! This is a great workshop for teachers who want to grow their confidence with hands-on assists! Eva will teach you the essential principles of Thai Massage & a massage sequence you can offer each other. Includes a take-home handout.

Time/Duration: 2.5 hours

Capacity: 12 couples (24 people) depending on space

Materials Required: mats, bolsters, blocks & blankets (2-3 blankets per couple)

Suggested Client Cost: €30-40 per person



THAI MASSAGE + RESTORATIVE YOGA

A nourishing yin & restorative yoga practice featuring Thai Yoga Massage assists. Eva will rotate to offer heartfelt hands-on moments to each client.

Thai Yoga Massage is an expression of loving kindness through the medium of touch. Nestle into the deep comfort of restorative yoga poses. Rotating assists will include assisted stretches, gentle traction, supportive pressure & other massage techniques integrated into a nurturing restorative yoga practice. Essential oils will be used with client consent. A healing & regenerative experience for the body & mind to release tension & fatigue and restore wholeness.

Time/Duration: 2 hours

Capacity: 10 people without an accompanying assistant, 20 with assistant

Materials required: bolsters, blocks & blankets required per client

Suggested Client Cost: €25-40



HEALING FLOW THERAPEUTIC VINYASA

A biomechanically informed vinyasa practice for teachers & dedicated practitioners. This flow workshop seeks an attentive balance between mindful & functional alignment, without sacrificing the transformative state of flow which unites body & consciousness with rhythmic breath.

Vinyasa - which means "to place in a special way" - is likely the most popular modern expression of yoga. In its essence, its name implies intentional & conscious movement, although often important engagements become lost in the fluid transitions.

This flow practice is designed with three common yoga injuries in mind, addressing how to protect against shoulder tendonitis, hamstring tears & sacroiliac dysfunction. We will work to demystify transitional moments like "stepping-through" & chaturanga, using our strength & mobility, rather than momentum.

A vinyasa practice can be more structured or creative, more anatomical or intuitive - this class seeks the best of both. But at its heart, flow offers us an opportunity to become absorbed in the present process.

Time/Duration: 2 hours

Capacity: 20-30 yogis (designed for students/teachers with established practices)

Materials: mats, blocks, strap, bolsters if available

Suggested Client Cost: €20-30



YOGA NOIR / INNER VISION: BLINDFOLDED YIN YOGA

As we subtract one sense, our others grow stronger & more refined. This yin practice is an invitation to unpack the yogic limb of Pratyahara, the withdrawal or resting of the senses.

A classical yin practice, with one exception... Participants are invited to don a blindfold as to expand inner embodiment and direct presence. Pratyahara, the turning from our outer-experience towards our inner-reality, is such a vital practice in a modern context of noise, distraction & activity. This practice is guided safely to ensure client's comfort while perhaps moving out of our comfort zone. It brings a gratitude for our vision, a deeper intuitive connection with the body & a quiet, inward state of being.

Time/Duration: 2 hours

Capacity: 20 - 25 yogis (previous yoga experience/yin familiarity encouraged!)

Materials: mats, blocks, bolsters, I can provide proper blindfolds

Suggested Client Cost: €20-30



INNER EXCAVATION: WORKING INTO THE KOSHAS

The Koshas are the sheaths or layers of awareness of which each person is composed. This practice invites you to explore each in an inward uncovering of body, energy, mind, wisdom & bliss.

The koshas are a philosophical framework for viewing the self. The five coatings can be likened to lampshades, each adding a different color or quality to the light within us. This all-levels practice is designed for yogis whose curiosity delves beyond the physical practice of asana & alignment. This all levels practice will offer embodied philosophy in movement & stillness, including pranayama, asana and meditation. As we peel through the layers of our unique composition we unearth a sense of integration & joy.

Time/Duration: 2 hours

Capacity: 20 - 25 yogis

Materials: mats, blocks, bolsters

Suggested Client Cost: €20-30

longer immersives:

can be offered as one or two day courses



YIN YOGA IMMERSIVE

A day or weekend of yinspiration for dedicated students & teachers. Includes access to my Yin Yoga Guide of insight, themes & sequences!

Yin yoga invites us to slow down & meditate on the physical sensation of stretch, as well as the arising phenomena of thoughts & feelings within the present. It's origins are rooted in the convergence of the Indian tradition of yoga with Chinese understandings of health & energy. While the Yang nature represents our active, external qualities of warmth & movement, the yin represents the internal, receptive, cool, soft & slow side we all need for balance. Yin yoga is very benefiting to anyone aspiring to improve flexibility, as the longer maintained postures help to release the tight networking of fascia (connective tissue) which weaves through the whole body. Beyond the physical, Yin works along energetic meridians & releases the subconscious emotions contained within our muscles. Through patience, softness & radical acceptance, Yin yoga is a transformational practice that creates freedom in the body & mind.

Material covered will include:

- opening & closing with a mindful yin practice
- philosophy of yin & yang
- fascia & connective tissue
- chinese elements & meridian lines
- teaching techniques & home practice support
- meditation & stillness

Time/Duration: 5-6 hours per day (includes break)

Capacity: 20 yogis

Materials: mats, blocks, bolsters, straps

Suggested Client Cost: €60-150



RESTORATIVE YOGA IMMERSIVE

A day or weekend of transforming our stress into relaxation, wellbeing & joy. A practice for teachers & dedicated students to uncover ease.

Restorative Yoga is a practice that uses an obnoxious amount of props (blocks, bolsters, blankets & more) to create a pose where we shift from thinking & doing, to feeling & being. It creates balance in a world of stress, rush, distraction and activity. Each pose is designed using props to support the body in poses of complete comfort. Our physical tensions also dissolve with time & awareness. Following practice, we may feel satisfyingly stretched and able to breathe deeper, despite the emphasis of each pose being support, not lengthening the body. More subtly, the heart rate relaxes and our digestive and immune functions improve. The support allows the nervous system to recalibrate from our stress responses of fight, flight & freeze towards health & relaxation.

Each session will include:

- opening & closing with a sweet restorative practice
- understanding stress & the nervous system
- the science of relaxation & wellbeing
- utilizing yoga props for deep support
- crafting nurturing & supportive restorative poses
- teaching techniques & home practice support

Time/Duration: 6 hours (includes breaks)

Capacity: 20 yogis

Materials: mats, bolsters, blocks (min. 2 per person), blankets (min. 2)

Suggested Client Cost: €60-150



THE MOON MADE ME DO IT ONE DAY WOMEN'S RETREAT

Harnessing & harmonizing your yoga practice with the lunar cycle

Like it or not, we are constantly influenced by the shifting cycles of nature, especially the moon. One of the many deeper teachings of yoga is that our inner world is in no way isolated from our outer. Like a fish in water, the shifts of the natural world imprint themselves in our bodies & emotions. Women's bodies & natures, in particular, are in close rhythm with the moon. And the more we practice, the more sensitive we might feel to these constantly changing patterns. Yet our modern context & yoga practice has become increasingly disconnected from the moon. While the linear movement of the Sun Salutation is the centerpiece of vinyasa yoga, lunar energy is more intuitive (think circular flows, curves, crescents & horizontal movement on your mat). There is also an innate connection between the hips & the moon. Moments of the lunar cycle inspire energy, while others require we conserve our energy more, so I've designed a balance of flow with restorative moments to stay true to the Moon.

This one day retreat will draw on lunar philosophy, meditation, pranayama, a moon-inspired vinyasa practice, journaling, nourishing lunch, grounding yin & restorative practice, ritual & sacred community to return to the energy of the moon. Includes access to Lunar Love Yoga e-book.

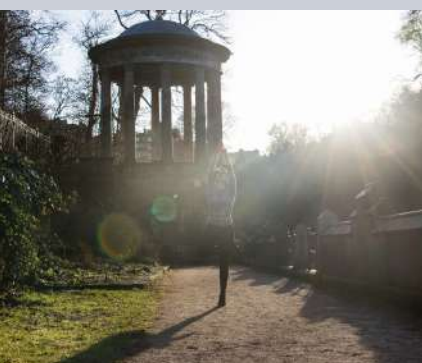
Time/Duration: 5-6 hours (includes break)

Capacity: 20 yoginis

Materials: mats, blocks, bolsters, space for alter, writing materials

Lunch or potluck would be organized

Suggested Client Cost: €50-80



ENERGETIC ANATOMY: MAPPING THE ESOTERIC BODY

Yin & yang, ha & tha, the koshas, the nadis, chakras, the gunas...

This workshop introduces these many different understandings of the energy body and applies them as maps to better understand our physical composition, emotional patterns, and inner self.

There are many paths in yoga & even more methods to interpret the landscapes of our bodies, minds & hearts. As we work deeper into our practice, we can travel beyond the alignment of poses & shapes. We gain access to a deeper appreciation for the body as a portal to consciousness, complete with sheaths & layers, energetic centers & locks... a microcosm of the universe containing all the elements, emotions, colours & connections of life. This workshop uncovers different understandings of the energy body, surveying each as a unique map to journey into our own geography. From theory to practice, we will also work with asana, meditation, pranayama, visualization & more techniques to tap into intuitive & experiential awareness of the energy body. Mapping our energy systems can lead us to many potential destinations; releasing old emotions, accessing deeper insights, increasing balance, peace & joy. Includes take-home worksheet.

Sessions will include:

- Opening with a kosha yoga practice
- Theorizing the energy body
- Connecting to the pranic body
- Exploring the nadis & chakras
- Chakra vinyasa & meditation
- Yoga nidra & more

Time/Duration: one or two days, 5-6 hours a per day

Capacity: 20 yogis

Materials:

Suggested Client Cost: €60-150

Eva Maxine Hamilton



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Academic Education

**Bachelor of Arts with Honors at Queen's University,
2009-2013, Religious Studies & Gender Studies**

I am grateful for my experience at Queen's studying Religion which has gifted me a deeper insight into Eastern Religions & Philosophy, including an academic awareness of the history, theory & greater significance of the yoga tradition, as well as many other forms of spirituality, religion & world views.

Honored by the 2013 Convocation Medal
as the top ranking student in the Religious Studies Department.

Yoga Teaching Experience

Bodhi Tree Yoga Center, Kemptville, ON (2006-2009)

I began energy exchanging, trading reception assistance for yoga classes, when I was fifteen. Upon completing my 200 YTT in 2008 I began teaching regular classes at Bodhi Tree Yoga Centre.

Queen's Mental Health / Queen's InvisAbilities (2009-2013)

I facilitated yoga classes for 1st year students living in residence throughout my undergrad, focusing on stress relief & healthy lifestyles.

Queen's Yoga Club (2011-2013)

I served as Event Planner & then as Co-President to Queen's Yoga Club, which provided over 800 students with affordable regular yoga classes.

Yoga Shala of Saugeen Shores (2012-13) and Tone Yoga (2013-14)
Offered Hatha, Vinyasa, & Yin Yoga Classes

Co-Owner Metta Wave Yoga +Wellness in Port Elgin 2014-2017

For three years I co-owned a yoga studio in a small community. We offered over 28 regular weekly classes. Beyond teaching, my work included marketing, administration, scheduling, event planning, budgeting, communications, community outreach and regular operations. The studio ran successfully & had a wide client base. Operating Metta was an enriching experience.

Canadian Mental Health Association Yoga Class (2015-17)

I designed a regular yoga program to assist clients of the Canadian Mental Health Association to use yoga to reduce stress & anxiety. Co-Facilitated a Yoga Retreat in Mexico 2015 & in France in 2017

Eva.Yoga (2016 - present)

At my website you will find information about my online offerings including online yoga classes, ebooks & my mama store. I am developing a library of class videos & resources for students & teachers.

Tribe Yoga Edinburgh (2017-2018)

At Tribe I facilitated 12-15 weekly classes, as well as regular workshops. I also worked reception, doing administrative work & welcoming clients.

Yoga Teacher Training

YTT 200 with Yogrishi Vishvketu of Akhanda Yoga (2008)

at Upward Dog Yoga in Ottawa, ON, certified by the Yoga Alliance. This program provided me with the essential skills to teach gentle, moderate, and advancing hatha yoga, as well as prenatal & some therapeutic principles. Offered a balanced emphasis on pranayama, yoga philosophy, meditation, anatomy & postural practice.

Yin Yoga Certification with Gayatri Gayle Poapst (2011)

at Bodhi Tree Yoga Centre in Kemptville, ON.

A still & meditative practice in which poses are held for 3-5 minutes to create flexibility, release connective tissue & open energetic meridians.

Yoga Anatomy & Therapeutic Yoga Intensive with Susi Hatley (2013)

at Moksha Yoga Uptown in Toronto, ON. Susi's approach taught me to assist clients with pain reduction by working in a pain-free range of motion & integrating healthier movement pattern on & off the mat.

YTT 500 in Rishikesh, India with Yogrishi Vishvketu (2013)

This was an extraordinary experience, which allowed me the opportunity of living in an ashram for 6 weeks, practicing silence at night, early morning meditation & immersing myself in the culture of yoga. Days were long but wonderful as we were constantly learning.

My training included Yoga Alliance certification in:

- **Akhanda Yoga** (levels 1, 2, & 3 - Advanced Akhanda),

- **Classical Kundalini & Hatha Raja Yoga**

- **Prenatal** (precautions & beneficial practices prepping for labor)

- **Restorative Yoga** (supported poses to heal the nervous system)

- **Yoga Philosophy** (the Yoga Sutras, the Bhagavad-Gita, etc.)

- **Anatomy & Therapeutics** (including functional movement & classical asana, injury prevention, & self massage methods)

- **Subtle Anatomy** (the energetic body, chakras, nadis & koshas)

- **Mantra & Meditation** (sound healing & meditation instruction)

- **Facilitating Transformational Experiences** (including yoga classes, workshops & experiences infused with sharing & healing circles, meditation, chanting, art, storytelling & music)

- **Yogic Lifestyle Coaching & the Psychology of Yoga** (including conscious communication, body language & yoga applications for anxiety, depression, food disorders & trauma)

Yoga for the Nervous System with Bo Forbes (2015)

at Kripalu Yoga Center, Massachusetts

Bo Forbes shared her insight as a Clinical Psychologist on applications of yoga for anxiety & depression. This course included easy tools that can be integrated in yoga practice & consistently throughout students' days for emotional balance.

Restorative Yoga Level One with Judith Hanson Lasater (2015)

at Kripalu Yoga Center, Massachusetts

I loved learning from Judith, who founded the practice of restorative yoga. Multiple props are used in support postures to create a parasympathetic (deep relaxation response) to heal the body & mind.

Yoga Tune Up® Level One with Todd Lavictoire (2016)

at It's Your Fitness, Perth Road Village. This one week course featured an intensive focus on anatomy & the basics of the Yoga Tune Up® method, including myofascial self care, core strength & joint stability.

Experiential Anatomy with Judith Hanson Laster (2016) (25 hours)

via SoulSpring Wellness, Vancouver, British Columbia. Offered a through exploration of yoga anatomy & kinesiology.

Further Workshop Trainings

March 2008:

Merging Energy with Rodney Yee & Colleen Saidman Yee
(16 hours)

April 2009:

Manipura Vinyasa Flow with Maria Garre
Foundational Standing Poses with Natasha Rizopoulos
Chakra Flow with Seane Corn

March 2010:

Maha Sadhana: Eternal Practice with Dharma Mittra
Woman Heal Thyself with Nischala Joy Devi
Find Your Rhythm with Sarah Thomson Beyer

March 2012:

I am my Own Anatomy Book with Blake Martin
Maha Shakti with Dharma Mittra
Variations in Sun Salutations with Maria Garre
The Art of Sequencing with Natasha Rizopoulos
Inner Visioning with Seane Corn

March 2014:

Yoga for an Aging Population with Monica Cordes & Olda Denilevich

March 2015

Restorative Yoga Teacher Training with Andrea Peloso
Mysteries, Mythologies & Meanings of Yoga with Bernie Clark
Yin/Yang Fusion Experience with Bernie Clark
The Yoga of Transformation: Connective Tissue with Bo Forbes
Gut Wisdom: The Enteric Nervous System with Bo Forbes
Shedding Fear, Insecurity & Anxiety with Bram Levinson
Demystifying Energy in Yoga with J.P. Tamblyn-Sabo
Thai Yoga Bliss: Thai Massage in a Class Setting with Nicole Ablack
Yoga Nidra (Yoga Sleep Healing) with Rod Styer
Calm, Steady, Strong: Yoga for Cancer Survivors with Susi Hately

March 2016

Yoga Nidra Teacher Training for health, healing, resiliency & well-being
Master Series: Shoulder Joint with Tiffany Cruikshank
Suspension Yoga Training & Practice
A Wall Yoga Love Affair with Natasha Rizopoulos
Arm Balances & Inversions with Jason Crandel
Hip Opening Clinic for Teachers with Todd Norian
Ideal vs. Accommodated Function with J.P. Tamblyn-Sabo
Core Potential with Tiffany Cruikshank

Signature Workshops

Stilling the Waves: Yoga for Anxiety Workshop
Mala Workshop: Design, Create & Meditate
Embodied Massage: Myofascial Release for Yogis
Partner Thai Massage
Thai Yoga Massage + Restorative Yoga
Healing Flow: Therapeutic Vinyasa
Yoga Noir: Blindfolded Yin
Inner Excavation: Working into the Koshas
Pranayama Workshop: Theory & Practice
Yin Yoga + Restorative Yoga Immersives
The Moon Made Me do It: Women's Retreat
Energetic Anatomy: Mapping the Esoteric Body

Thai Yoga Massage Trainings

Thai Level One with Shai Plonski (June 2013)

Instructed me to offer a safe and beautifully relaxing 90 minute Thai Yoga Massage. This is a traditional method of assisted stretching which integrates many customizable massage techniques (different pressure & speeds) as to best suit diverse clients' needs.

Thai Level Two with Shai Plonski (September 2013)

Thai level two expanded my repertoire of poses and techniques and included an awareness of Ayurveda, to customize a massage series to address & balances the doshas (elemental constitutions).

Sidelaying Thai Massage Positions with George Justus (March 2015)

Further enhanced my Thai Massage skill set by including gentle supported positions on the side, which allow great mobility in the hips, shoulders & back.

Other Trainings:

Reiki Level One with Eileen Sadlon (October 2015)

Experience Facilitating a Yoga Retreat:

In March 2015, I had an amazing experience co-facilitating a Yoga Retreat with Esperanza Eusbio (YTT 500) at the luxurious Villa Ananda Ayurvedic Centre near Puerto Vallarta, Mexico. Our group of 16 students included local clients as well as many new ones. We organized the entire experience, including assisting clients with travel plans, offering two daily yoga classes, leading a few day trips, sharing workshops, and more, while also seeking a balance of unscheduled time for clients to truly relax and enjoy the serene setting. In a later survey to gauge student feedback, we received positive review from all clients based on the instruction, stay, & overall experience.

Management Skills

I have great experience coordinating & developing schedules, managing time, setting goals, communicating with students & clients and team leading. I seek organization & always want my students to feel acknowledged & appreciated in each interaction.

Computer Skills

I am very familiar with programming & operating Mindbody studio software. I have good skills with word processing systems & am handy with some graphic design programs. I have also designed a few beautiful & functional websites through Wix web software.

Language:

I instruct in English & offer Sanskrit referencing of asana & principles

Hobbies & Interests:

Beyond yoga, I have a deep passion for food & cooking, traveling & exploring new cultures, sketching, painting & designing mala jewelry.