



NOT YOUR TYPICAL YOGA STUDIO



The greatest exploration is the unknown of the human body and mind. At P3 Yoga we are so much more than just a yoga studio. We are a place that challenges and lets you explore both your body and mind. We want you to find the right fit. I feel that the students that are meant to work with me will find my studio and me.

*Suzanne Hennig,
founder/director of P3 Yoga & Athletic Centre.*

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Over 1000 square feet of yoga practice space filled with Zero-Gravity Aerial Hammocks, yoga props, and a Kurunta Rope Wall – P3 Yoga and Athletic Center is not your typical yoga studio, demonstrated by having won “Best Yoga Studio in Ontario” for three years in a row from *Get Out There Magazine*.

The success and creativity of this studio is directly attributable to Suzanne Hennig, its energetic and vibrant driving force. Suzanne has a background as a fitness professional with over 20 years of experience. When her family relocated to Pickering six years ago,

her teacher advised her that it was time to begin her own studio, and P3 Yoga & Athletic Training Center was the result. Today she is an E-RYT 500 Level Teacher with a drive for sharing her passion with others.

“I very quickly realized the benefits both physically and emotionally from the practice of yoga and have been training and teaching yoga exclusively ever since.” When asked the meaning of “P3,” Suzanne explained, “P3 stands for the power of the mind, body, and spirit. It also represents patience, persistence, and perspiration because nothing is achieved without all three!”

What Suzanne is currently finding as her latest and most exciting form of exploration is her newest creation: Zero-Gravity Aerial Yoga. After working with one of Canada’s top aerial artists, Rebecca Leonard, Suzanne decided to incorporate elements of her aerial experience into yoga. So, what is Zero-Gravity Aerial Yoga? Performed on brightly-colored Zero-Gravity Hammocks that are hung from the ceiling at P3 Yoga & Athletic Training Center, Zero-Gravity Yoga is challenging and unique. Yoga postures are carried out in a way that gives a great cardiovascular workout but with low impact to the body. The brain is challenged to move in three dimensions



P3 Yoga & Athletic Training Center
is located at 1895 Clements Rd. Unit #156, Pickering, Ontario L1W 3V5.
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while safely decompressing the spine, working the joints, and increasing flexibility. Benefits include the ability to hold yoga postures longer, increased agility, and alignment of the vertebrae. This new approach to yoga is just one of many unusual teaching methods Suzanne employs.

Although the studio is interested in working with anyone, Suzanne specializes in developing yoga programs for athletes. She recently taught programs she created at the 2007 Dragon Boat World Championships in Sydney, Australia. In addition, the studio hosts a yearly challenge. Recent examples include: learning to Run a 5K, Joining a Dragon Boat Team, Learning Outrigger Canoe, and Stand Up Paddle Boarding. Some of the mental challenges are learning a new language, trying different music, or taking up art. All challenges are done as a group with benefits being the expansion of ideas and/or discovering new physical abilities.

“My goal is to draw as many people as possible into yoga, and I’ll use some unorthodox methods to do so. Besides Zero-Gravity Yoga, I’ve also used Rock ‘n Roll Yoga, allowed teens to bring their own music to class, and incorporated a variety of other props into the yoga prac-

tice. I draw on various schools and styles of yoga and blend them together to allow people to achieve the deepest possible form of exploration.”

Currently a senior faculty member with East to West Yoga, Inc. Suzanne instructs various levels of certifications and teacher training. One level is a Fitness Based Certification called Yoga Exercise Fitness Specialist (YES), which is specifically designed for personal trainers, fitness instructors, and other mind, body professionals that want to add yoga instruction to their repertoire. YES is a taught over two week-ends. Once YES has been completed, individuals can then enter the full RYT-200 and RYT-500 Level Certification programs, which are certified through the International Yoga Alliance. Hiring only RYT-200/500 level teachers assures P3 founder Suzanne Hennig that her staff is well trained and knowledgeable.

P3 Yoga & Athletic Training Center offers a 1-week, unlimited number of classes for \$20. There are several other options, such as 8 weeks of Zero-Gravity Aerial Yoga, a 10-class pass good for 3 months, or a 20-class pass for 5 months. Unlimited monthly passes are also available. Trial classes are offered on a drop-in basis and run \$20. Come and experience the not-your-typical-studio for yourself! ■