

WELLNESS ZONE SCHEDULE

SATURDAY MAY 27TH 2023

- **10:00AM - 11:00AM**
Run Ottawa Introductory Session
(warm-up run)
- **11:00AM - 12:00PM**
City of Om Session #1
(Allison O'Callaghan) - Full
Body Restorative Yoga & Race
Preparation
- **12:00PM - 12:30PM**
Break #1
- **12:30PM - 1:30PM**
City of Om Session #2
(Heidi Wildeman) - Mind / Body
Connection, Full Body Stretching
- **1:30PM - 2:30PM**
City of Om Session #3
(Adrian Soble) - Targeted
Poses & Breathing for Running
Performance
- **2:30PM - 3:30PM**
City of Om Session #4
(Nesta Charles) - Vinyassa Flow,
Breathing & Traditional Poses for
Balance, Strength & Endurance
- **3:30PM - 4:00PM**
Break #2
- **4:00PM - 4:30PM**
Run Ottawa Closing Session

A photograph of Allison O'Callaghan, a woman with blonde hair, wearing a brown tank top and dark blue leggings. She is in a yoga pose, leaning back with her right arm raised high and her left hand on the floor. She has several tattoos on her arms and shoulders. The background is a plain, light-colored wall.

Allison O'Callaghan

Alli has been a daily practitioner for 20 years finding yoga when she was 18. She loves being creative whether it's a powerful full body flow or a heart and muscle melting Yin practice. She also enjoys carving out space for mindfulness in her classes helping her students connect to their bodies as a whole.



Heidi Wildeman

“What started as a physical practice evolved into a way to help me get back to feeling better and happy in my own body. I love attending yoga classes across Ottawa, as well as practicing at home – preferably outside whenever the weather is nice. As a recent graduate of Teacher Training, I hope to share a space where you can have fun and move at your own pace; a place to be yourself and a space to meet yourself wherever you are in that moment.”

A man with dark hair and a mustache, wearing a black t-shirt and black shorts, is performing a yoga pose on a black mat on a grassy lawn. He is in a kneeling position, leaning forward with his right arm extended to hold his right foot. His eyes are closed, and he has a serene expression. The background features a large tree and a fence. The text is overlaid on the right side of the image.

Adrian Soble

Adrian Soble is a yoga teacher based in the Glebe, infusing his classes with musical undertones influenced by queer culture, house music and sci-fi. With an appreciation for music's transformative power in a yoga practice, Adrian incorporates deep low frequencies and rhythms to create a journey that energises and grounds the room

A photograph of a man with a beard and short hair, wearing a dark grey t-shirt and a grey dhoti. He is standing in a yoga pose with his hands pressed together in a prayer position (Anjali Mudra) in front of his chest. He is looking directly at the camera with a neutral expression. The background is a light-colored wall with several green plants, including a large monstera leaf to the left and a smaller plant to the right. The lighting is soft and even.

Nesta Charles

"My name is Nesta and I have been immersed in yoga for 12 years now, practicing, studying and applying my knowledge to the strength and development of my mind and body. I am very excited to be a contribution the development of the BIPOC yoga communities to help make yoga more accessible and fun for all of us."