

NEW! Therapeutic Yoga Monthly

*Experience Yoga for specific health and wellness goals
created by Karen Claffey*

Karen invites you to join her for a special Therapeutic Yoga class on the
4th Wednesday of the month at 5:30-6:30 pm

What does Therapeutic Yoga involve?

This class provides mindfulness, breathwork, essential yoga poses, and relaxation. Each class will focus on specific health and wellness goals, such as: lymphatic drainage, digestion, sleep, hormonal health...



What do I need to bring to this class?

Please bring your yoga mat (or we have spare mats available). Water bottle (opt).

**2025 Dates: Apr 30, May 28, Jun 25, Jul 23, Aug 27,
Sep 24, Oct 22, Nov 26.**

Fees incl HST space permitting: \$35 per class | \$60 for 2 classes

Payment via e-transfer to admin@heaven-onearth.ca (note there is a dash after heaven).

Minimum 5 and maximum 10 participants. Pre-registration is required.

Participants need to be able to: Get up and down on their yoga mat without assistance. Be comfortable in a variety of positions including side-lying, prone, supine, and/or in table pose (on hands and knees, blankets are available to cushion the knees). Yoga experience is not required