Take an hour to slow down, breathe, and simply be.
A new weekly class with Trish:

Relax & Restore

Mondays 4:30-5:30 pm.

Starts Monday January 11th, 2027

This peaceful weekly class is designed to help you slow down, let go, and deeply relax. Through supported restorative yoga poses, mindful breathing and a guided meditation, you'll be invited to release tension, quiet the mind and settle into a state of calm.

No previous yoga experience is required, all you need is a yoga mat. Come as you are, get comfortable and give yourself the gift of an hour to "relax & restore".





Fees incl HST payable in CASH to Trish: $30 per class| $100 for 5 classes | $180 for 10 classes

Gentle Flow & Rest practitioners can use their existing package to attend.

Pre-registration is required. Minimum 3/maximum 7 participants.