

Take an hour to slow down, breathe, and simply be.

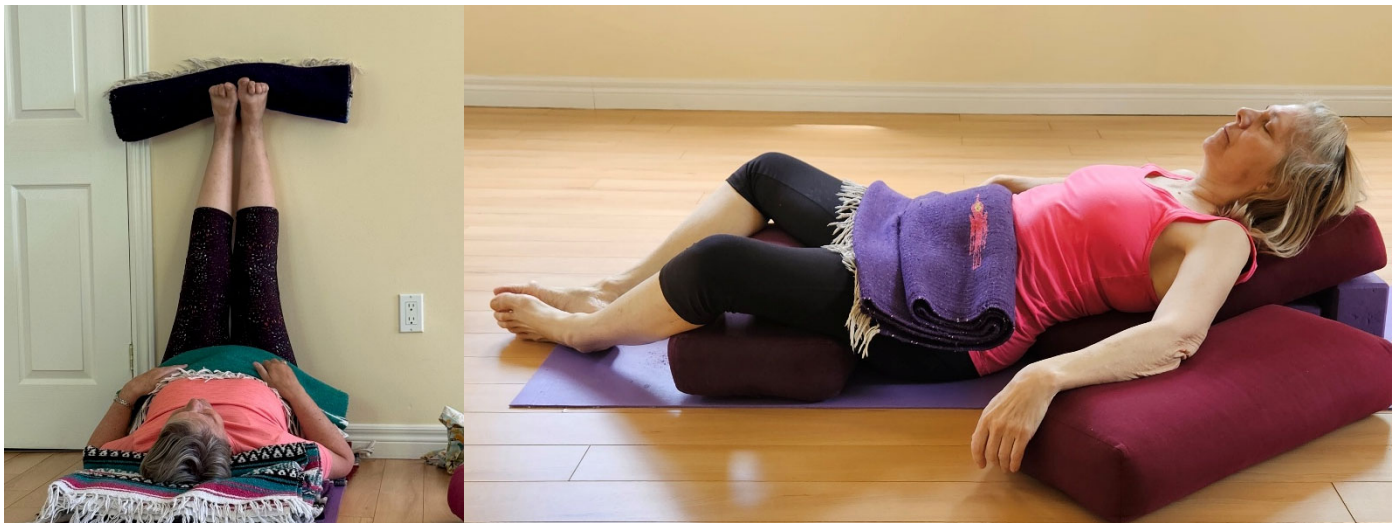
“Relax & Restore”

A new weekly class with Trish: Mondays 4:30-5:30 pm.

Starts Monday Nov 2nd, 2026!

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.

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