

Slow Yoga, Ball & TRX

NEW!

Wednesdays 5:15-6:15 pm

Now weekly!

Join Karen and experience her new creation that offers:

- ✓ *Breath awareness for nervous system resilience*
- ✓ *Yoga poses for systemic wellness*
- ✓ *Ball exercises for self-awareness and stability*
- ✓ *TRX sequences for strength, bone density, and self-confidence*
- ✓ *Ending with essential stretches and relaxation*



Fees incl HST: \$30 per class | \$120 for 5 classes | \$220 for 10 classes

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

Maximum 8 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 standing, 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.