

Yoga Therapy 2nd & 4th Wednesdays

2026 Winter-Spring Dates

Experience Yoga for Wellness created by Karen Claffey. Depending on the class theme, we will explore: therapeutic alignment exercises, targeted yoga poses, specific stretches supported by props, mindfulness, breathwork, and always ending with relaxation.

2nd Wednesday of the month at 5:30-6:30 pm

Feb 11 Alignment & Neurofascial Release for the Upper Body - *Align with Your Highest*
Mar 11 Alignment & Neurofascial Release for the Lower Body - *Grounded Roots & Happy Hips*
Apr 8 Alignment & Neurofascial Release for the Upper Body - *Align with Your Highest*
May 13 Alignment & Neurofascial Release for the Whole Body – *Root & Rise!*

4th Wednesday of the month at 5:30-6:30 pm

Jan 28 Lymphatic Drainage Sequence - Part 1
Feb 25 Diaphragm & Pelvic Floor Health - Part 2 Boosts Lymphatic Pump
Mar 25 Hormonal Balancing
Apr 22 Lymphatic Drainage Sequence - Part 1
May 27 Diaphragm & Pelvic Floor Health - Part 2 Boosts Lymphatic Pump

5th Wednesday of the month at 5:30-6:30 pm

Apr 30 Meditation & Yoga Nidra.



Fees incl HST space permitting: \$35 per class | \$60 for 2 classes | \$125 for 5 classes

Included for participants with a 10-Class Package for TRX, Ball & Yoga

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

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 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.