

Intro to Yoga

NEW!
Starts Jan 7th!

With Karen

Thursdays at 5:30-6:30 pm

Experience the mind-body benefits of yoga.

Karen's classes include a balanced yoga practice with warm up stretches, standing poses, balancing poses, gentle easy back bends, forward bends and twists, breathing exercises, mindfulness, and savasana - deep relaxation. This does wonders for your lymphatic system, hormones, myofascia, nervous system, strength and stamina, flexibility, posture, and overall wellness.



Fees incl HST: \$30 per class | \$100 for 5 classes | \$180 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.