

# Yoga, Ball & TRX

2<sup>nd</sup> Wednesday of the Month

5:15-6:15 pm

Apr-May and Sep-Dec:

Apr 8, May 13, Sep 9, Oct 14, Nov 11, Dec 9.

*This class created by Karen Claffey offers the best of:*

- ✓ *Therapeutic yoga poses for nervous system resilience and systemic wellness.*
- ✓ *Ball exercises for core stability,*
- ✓ *TRX sequences for strength and bone density,*
- ✓ *Ending with essential stretches and relaxation.*



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

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

Payment via e-transfer to [admin@heaven-onearth.ca](mailto: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.*