

Therapeutic Yoga Monthly

Experience Yoga for Wellness created by Karen Claffey

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

**2025 Dates: Aug 27 (Blissful Sleep), Sep 24 (Lymphatic Drainage),
Oct 22 (Diaphragm & Pelvic Floor), Nov 26 (Hormonal Balancing).**

What does Therapeutic Yoga involve?

- Mindfulness and breathwork
- Essential therapeutic yoga poses and relaxation
- Each class focuses on specific health and wellness goals:
- Lymphatic drainage, pelvic floor and hormonal health, sleep

What do I need to bring to this class?

Please bring your yoga mat (or we have spare mats available). Water bottle (opt).



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).

Minimum 5 and 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 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