

# **Yoga Therapy 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays**

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

## **2026 Winter-Spring Schedule:**

### **2<sup>nd</sup> Wednesday of the month at 5:30-6:30 pm**

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!*

### **4<sup>th</sup> Wednesday of the month at 5:30-6:30 pm**

Feb 25 Diaphragm & Pelvic Floor Health (Also 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

### **5<sup>th</sup> 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](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.*