

The Art & Science of Yoga

New courses starting w/o Jan 9

New Beginners Tues 5:30-7pm

Beginners 2 Thurs 5:30-7pm

Pre-Natal Sat 8-9:20am

Wellness Over 50 Sat 11:30-1pm

Deepening Your Meditation Thurs 7:30-9pm

Join the 30-day Challenge Jan 4-Feb 29

*****\$10 per class*****

**Info on courses and the 30-day Challenge
at 'The Yoga Centre Community' on facebook**

The Yoga Centre

7 Victoria St., Hamilton (next to carpark)

295-7525 for inquiries & registration

Walk-in classes Monday thru Sunday

HathaFlowAshtanga*Yin

Yoga for Strong BonesPilates

Walk-in Meditation Sundays 5-6pm

