

New Beginner 6-week course
Mar 6 – Apr 10

Beginners / Yoga is a powerful learning experience for those new to yoga to help them rediscover their body, how it works and what they can do with it.

Students learn the basics, are introduced to something new each week and are given expert teacher assistance to master process and form and to build confidence in the postures.

Specific focus on postures, alignment, breathing & relaxation.

A perfect first step to get you started on your yoga journey.

The Yoga Centre

7 Victoria St. in Hamilton. 295-7525

Walk-in classes Monday thru Sunday

Hatha*Flow*Ashtanga*Yin*Strong Abs & Bones

Pilates*Meditation

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