

***New!* YOGA FOR HEART HEALTH**

Thurs Jul 5–Aug 16. 5:30–7pm

This 6-week course, taught by Cardiac Yoga certified teachers, will work closely with students in gentle step-by-step instruction of yoga for heart health and overall wellbeing including: stretching for stress release, breathing practices for body and mind, mental relaxation practices and varying yoga approaches that work to keep the heart healthy and the mind at ease.

-----New sessions starting-----

New Beginner Tues Jul 3–Aug 7. 5:30-7pm

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.

Prenatal Yoga Sat Jul 7–Aug 18. 8-9:20am

For women who have entered their second trimester of pregnancy or later. Visualization & relaxation practices with the baby included.

To register, call

The Yoga Centre

295-7525

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