

8-week Yoga Courses **starting the week of May 9**

New Beginner *Tues 5:30-7pm*
or Sat 3-4:30pm

Provides the basics of a well-rounded hatha yoga practice —warm-ups, yoga asanas, breathing practices and deep relaxation. No experience necessary.

Beginner 2 *Thurs 5:30-7pm*

Focus on building endurance, strength and stability in Hatha 1 level asanas, and exploring new poses. Walk-in students welcome.

Pre-Natal *Sat 8-9:20am*

Postures and movements that are especially beneficial for mothers-to-be. Taught by a certified pre-natal yoga instructor.

The Yoga Centre

295-7525 for inquiries & registration

Share The Yoga Centre Community on facebook