



Beginner 2 *Thurs 5:30-7pm Jul 14-Aug25*

Focuses on refining form, building endurance, strength and stability, and linking movement with the breath. 6 weeks. Walk-in students welcome. (No class on Cup Match)

Meditation 2 *Thurs 7:30-9pm Aug 4-25*

Raises awareness of the nature of the mind and encourages an understanding of obstacles that impede effective meditation and contemplative living. Pre-requisite: Meditation 1 or a regular meditation practice. 4 weeks.

Full schedule of course classes resumes Sept 5

The Yoga Centre

295-7525 for inquiries & registration

Follow The Yoga Centre Community on facebook