

The Art of Yoga

6-week courses start w/o Oct 31

New Beginners *Tues 5:30-7pm*

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

Beginners 2 *Thurs 5:30-7pm*

Focuses on building endurance, strength and stability in Hatha 1 level asanas, exploring new poses and deepening your breathwork. 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.

Wellness Over 50 *Sat 11:30-1pm*

A holistic approach to wellness. Students learn practical applications for daily yoga practice, mindfulness, health & diet, relationships, and spiritual practice.

The Yoga Centre

**7 Victoria St., Hamilton (next to carpark)
295-7525 for inquiries & registration**

**For news on classes, workshops, retreats & events
join 'The Yoga Centre Community' on facebook**

