

Intro to Yoga

6-Week Series for Yoga Virgins

Learn yoga from the ground up.

Gradually over the course of the series you will learn:



- ✓ warm ups
- ✓ sun salutations
- ✓ optimal posture
- ✓ core strength
- ✓ fundamentals of safe alignment
- ✓ essential yoga poses
- ✓ breathing exercises
- ✓ relaxation techniques

Next series starts January 15th!

Wednesdays 6:00-7:00 pm

Series dates: Jan 15 to Feb 19, 2020

(Optional snow date if needed Feb 26.)

Fee for 6-week series: \$90 including HST

Space is first come first served. Advance Registration Required.

To reserve your space contact us:

admin@heaven-onearth.ca | 905.664.9099