

Experience Karen Claffey's innovative

Functional Yoga

Fridays 9:00-10:00 am

Functional Yoga+ Sundays 8:30-10:30 am



Experience in fitness and/or yoga required.

This class is a form of "self-health therapy" to improve bone-density, address muscle and postural imbalances with functional exercises and yoga postures, incorporating TRX suspension straps, and ending with relaxation.

Maximum 8 participants per class. Preregistration required:

Friday 60 minutes 6-class package: \$110

Sunday 120 minutes 6-class package: \$150

Drop-in per class, space permitting: Friday \$25 / Sunday \$35

Contact Karen via email: admin@heaven-onearth.ca or phone: 905.664.9099