

Chair Yoga



Weekly Classes

Thursdays

3pm - 4pm

or

Tuesdays

8am - 9am

Six-week pass \$66, ten-week pass \$100 or drop-in \$12.

Standing poses are offered with support of the chair

Please bring mat and any yoga props you like to use (blocks, blanket, strap)
Please allow 10-15 minutes before your first class. For more information, contact Michelle Holdforth at Yoga Souls Email: yogasouls101@gmail.com
Tel: 647-965-1770 ~ www.yogasouls.ca