

Gentle Yoga Flow

@Buckhorn Community Centre

Wednesdays @ 10am

(7 classes)

September 13 - October 25

NEW

This gentle Hatha flow class is suitable for all levels as modifications will be offered. Yoga offers a multitude of benefits including- stress release, increased flexibility, focus, balance, improved lung capacity, circulation, digestion and building resistance and strength. You will need a yoga mat, towel, two yoga blocks, a strap and water. You are welcome to bring a bolster for relaxation poses.

Michelle Doyle is a certified Yoga teacher with BoneFit training from Osteoporosis Canada.

The class will be offered in a private room at the BCC. Space is limited so register early to reserve your place.

Buy the series of 7 classes

\$70 (\$10 a class) / drop-in for \$12

**Please note: Purchased classes cannot be carried over into the next session
Also note that registration is required for the Gentle Yoga class and drop-ins are limited and only by reservation.**

Register: Michelle Doyle

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