

Yoga at snail's pace!

Practice common yoga poses very slowly! - Notice subtleties! - Allow your mind to truly rest. - Discover what distinguishes yoga from exercise!

Dates:

Wednesdays, Sept 8 to Oct 13, 4:00 pm - 5:00 pm and 7:30 pm - 8:30 pm
Fridays, Sept 10 to Oct 15, 4:00 pm - 5:00 pm

Location:

St. Augustine's Anglican Church

Cost:

\$42 for 1 session, \$70 for 2 sessions, \$90 for three sessions

Thursday Class:

Sept 9 to Oct 12

10:00 am - 11:00 am

Relaxation, Back Care, and poses according to students' needs

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