

Beginner Yoga

Build a healthier relationship with your physical body, mind and emotions.

Enroll in a weekly session that will introduce you to a yogic lifestyle, with focus on: postures, body-awareness, breath, chakras, mantras, mudras, and more...

Once concluded, you will feel confident stepping into your next all-level yoga class.



Sessions

Wednesdays	7 – 8:30 pm (7 weeks)	\$99 + GST
Jan. 6 – Feb. 17	Sold Out	
Mar. 3 – Apr. 14		
Thursdays "AM Gentle"	9 – 10:30 am (8 weeks)	\$99 + GST
Jan. 21 – Mar. 11		
Mar. 25 – May 13		
Thursdays "Gentle"	7:30 – 8:30 pm (7 weeks)	\$86.45 + GST
Jan. 28 – Mar. 11	Sold Out	

Special: *Pay for a beginner yoga session, and at the same time, **save 40%** on a 10-class (90 minute) yoga pass.*

**You must pre-register at 705-662-1359
or purchase online at www.yogasudbury.com .**

* 6 month/1 year members welcome to pre-register at no extra cost *