

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

Tuesdays	7:45 – 8:45 pm (7 weeks)	\$86.45 + HST
Resumes in fall, dates TBA		
Wednesdays	7 – 8:30 pm (7 weeks)	\$99 + HST
August 4 – September 15		

Special: *Pay for a beginner yoga session, and at the same time, **save 25%** on a 10-class (90 minute) yoga pass.*

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

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