



Vinyasa Yoga

If you are looking for increased strength and vitality, a refreshed mental outlook or a deeper connection to the divine, the Vinyasa program can take you there.

Vinyasa is an energetic flow style practice with emphasis on linking movement with breath. We will dive in to a dynamic and rejuvenating practice relieving stiffness of the body and mind while creating a fertile space for personal growth!

Here is an opportunity to go to a place deeper than you have ever imagined possible!

Level 1: \$12/class drop-in
Thursdays 12:15 – 1 pm

Level 2: \$135 + hst pre-registered OR \$18/class drop-in
Mondays Jun. 7 – Aug. 9, 7 – 8:30 pm

**For Level 2, pre-register at 705-662-1359 or
purchase online at www.yogasudbury.com
61 Elm Street, Upstairs**

**** 1 year membership holders welcome to join at no extra cost ****