

Yoga

FOR A HEALTHY BACK



8-week series from April 22 to June 10, 2023

Saturdays 11:00 AM – 12:15 PM
In the Lake Club Activity room

EXCLUSIVE PRICE OFFER.
PRE-PAYMENT & PRE-REGISTER REQUIRED.

Only \$96 for the entire series!

Benefits of therapeutic Yoga for a Better Back

This class will combine the use of various specialized props, including critical alignment props, and basic yoga asana to increase the mobility, stability and strength of the shoulders, back and hips.

**As it is a therapeutic class,
no yoga experience is needed and
it is ideal for everyone.**

There will be a strong focus on the alignment of the spine to create freedom in the shoulders, back and hips.

Classes will include pranayama (guided breathing technique) as well.



To register please contact the Lake Club Office at 587 349 1338 or E-mail activity.lakeclub@shaw.ca