



Hatha yoga



12-week series from April 12 to June 28, 2023

wednesdays 7 pm – 8:15 pm

In the Lake Club Activity room

Hatha Yoga – All Levels

It is never too late to take up yoga. In this 75 minutes class, you will have a well-rounded practice flowing through postures, and longer holds in asanas (postures) with pranayama (breath work), and a brief meditation. The class emphasizes stretching, coordination of breath with movement and attention to alignment.



The class is designed to create breath awareness, enhance balance, and increase strength & flexibility.



Modifications will be offered, props used, and students will be encouraged to individualize their practice while being led in a group setting. The class ends with deep relaxation and a guided visualization to help release tension and reduce stress.

No experience required.

HOA Members exclusive price offer.
Pre-payment & Pre-register required.

Only \$144 for the entire series!

Need more information?
Contact the Lake Club Office
587 349 1338
activity.lakeclub@shaw.ca

Limited Space

Register Now!



**SIGN UP
HERE**



www.thelakesatrockyridge.com