



yoga classes



12-week series from January 14 to April 1, 2023

saturdays 11 am – 12:15 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. They will feel an immediate difference in their energy levels, alertness, and ability to manage stress.

The class ends with deep relaxation and a guided visualization to help release tension and reduce stress.


No experience required.



HOA Members ONLY exclusive price offer.
Pre-payment & Pre-register required.
Hurry up, limited spots available!

Need more information?

Contact the Lake Club Office

 **587 349 1338**

 activity.lakeclub@shaw.ca

welcome!

SCAN ME



Contact us
www.thelakesatrockyridge.com