

Just because it's summer doesn't mean yoga ends!
Join me for great summer classes
at a GREAT PRICE!

Try a unique and different yoga class, personalized to meet your specific needs ...

An experience that is all about YOU!

Sue has extensive training and experience and is a truly caring yoga teacher, specializing in *therapeutic yoga and movement therapy*. Classes are held in a beautiful, welcoming little studio in south Edmonton.



Summer Yoga Special



Drop-in single session \$20

Entire summer \$259 + GST!

Attend as many classes as you'd like*!

* Max 10 per class! MUST reserve your spot ONLINE in the classes you want. No refunds or transfers.

July 4-28 & August 7-31

(no classes July 29 - August 6)

Mondays:

9:30 - 10:45am - Therapeutic

Wednesdays:

9:30- 10:45am - Therapeutic

Fridays:

9:30 - 10:45am - Therapeutic

Tuesdays:

9:30- 10:45am - Therapeutic

12-1pm - Therapeutic

5:45-6:45pm - Therapeutic

Thursdays:

12-1pm - Therapeutic

5:45-6:45pm - Yin

7:30-8:30pm - Therapeutic

Elements in Motion Yoga & Movement Therapy

#2, 5408-53 ave, Edmonton

Contact Sue at: yogasue@shaw.ca

www.elementsinmotion.ca

ph.587-785-5970