



**WINDSOR  
RECREATION  
& LEISURE  
SERVICES**

# Vinyasa Yoga Classes

**BEGIN TO BREATHE.**

**November 7th - December 19th**

**Thursdays 6:30pm - 7:30pm**

**LP Wilson Ballet Room**

**\$60 - 6 Week Session**

Vinyasa is a dynamic style of yoga where students coordinate movement with breath to flow from one posture to the next. Students will practice breath techniques, postures, and meditation, gaining strength, flexibility and focus. Classes are appropriate to all levels, beginner to advanced. Please bring a mat, towel and water.



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