



## OPEN TO GRACE

Christian Yoga



### July 4 Week Series of Christian Style Yoga Classes

#### ① Gentle Journey Yoga - Strength and Tone

This class will focus on yoga poses and resistance loop band work for strengthening and toning the body. Includes resistance loop band and handout for home practice.

Tuesdays, July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

11 a.m. – noon Cost \$44

#### ② Faithful Flow Yoga- Strength and Agility

This class will focus on yoga flow and resistance loop band work for strengthening and toning the body. Includes resistance loop band and handout for home practice.

Tuesdays, July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

5:15pm – 6:15pm Cost \$44

#### ③ Chair Yoga- To Feel Your Best

An overall physical and spiritual practice to feel well, breathe well and move well.

Thursdays, July 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, Aug. 1<sup>st</sup>

10am – 10:45am Cost \$32

#### ④ Gentle Journey Yoga – Manage Stress and Focus

A Gentle yoga practice which will include guided meditation, breath work, gentle movement and restorative poses for relaxation and stress management.

Thursdays, July 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, Aug. 1<sup>st</sup>

11am – noon Cost \$40

To register contact Sandy Patrick, RYT, 705 329 0021  
Email: [sandy@opentogracechristianyoga.ca](mailto:sandy@opentogracechristianyoga.ca)