

Come and experience physical and spiritual renewal
SPRING 8 Week Yoga Series starting April 23rd/2019



OPEN TO GRACE

Christian Yoga

Yoga for all levels taught from a Christian perspective
8 Class Series

Chair Yoga \$56 ♥ Gentle Journey Yoga \$72 ♥

Faithful Flow Yoga \$72 ♥

Or combine 2 series (16 classes) for additional savings

TUESDAYS – Apr 23rd 30th May 7th 14th 21st 28th June 4th 11th

Chair Yoga Tuesday 10 am Gentle seated and standing practice **\$56**

Gentle Journey Level 2 Tuesday 11 am Stretch, relax, build strength and balance **\$72**

Faithful Flow Tuesday 5:15 pm Intermediate level flow class **\$72**

THURSDAYS – Apr 25th May 2nd 9th 16th 23rd 30th June 6th 13th

Chair Yoga Thursday 10 am Gentle seated and standing practice **\$56**

Gentle Journey Level 1 Thursday 11 am Stretch, relax, increase flexibility **\$72**

Gentle Journey Level 2 Thursday 12:15 pm Stretch, relax, build strength and balance **\$72**

Registration Information

Call: 705 329 0021 **email:** sandy@opentogracechristianyoga.ca **web:** opentogracechristianyoga.ca

Classes hosted at Westmount Congregation, 23 Westmount Dr. S, Orillia.

Sandy Patrick RYT with Yoga Alliance, Registered Yahweh Style Yoga Teacher