

Come and experience physical and spiritual renewal

FALL 8 Week Yoga Series starting Sept. 3rd/5th



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 – Sept 3rd 10th 17th 24th Oct 1st 8th 15th 22nd

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 – Sept 5th 12th 19th 26th Oct 3rd 10th 17th 24th

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

Or register in person at Westmount Wed. Aug. 28th , 10am- Noon or Thurs. Aug. 29th , 5pm- 7pm

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

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