

## Beginner Yoga

Build a healthier relationship with your physical body, mind and emotions.

Enroll in a weekly session (or attend drop-in classes) that will introduce you to a yogic lifestyle, with focus on: postures, body-awareness, breath, chakras, mantras, mudras, and more...

You will feel confident stepping into your next all-level yoga class.




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### Classes / Sessions :

Tuesdays	12:15 – 1 pm	(drop-in)	\$12/class or class pass
Starts Sept. 21			
Wednesdays *	7 – 8:30 pm	(7 weeks)	\$99 + HST
Sept. 22 – Nov. 3			
Nov. 10 – Dec. 22			
Thursdays *		(12 weeks)	\$148.20 + HST
Sept. 30 – Dec. 16		10 – 11 am	
Sept. 30 – Dec. 16		6 – 7 pm	

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**Special:** *Pay for a beginner yoga session, and at the same time, **save 25%** on a 10-class (90 minute) yoga pass.*

\* **You must pre-register at 705-662-1359, or at the studio, or purchase online at [www.yogasudbury.com](http://www.yogasudbury.com) .**  
*1 year members welcome to pre-register at no extra cost*