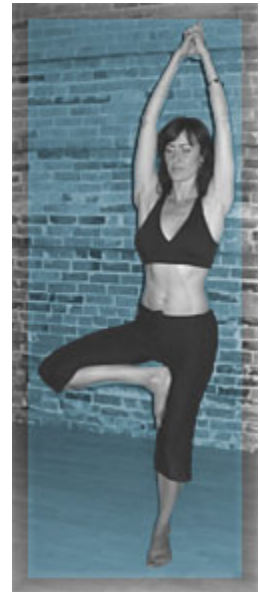


## Beginner Yoga

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 :

	Price :	Student/Senior* Price :
Wednesdays		
7 weeks, Sept. 14 – Oct. 26	6 – 7:30 pm <b>FULL</b>	\$105 + HST
7 weeks, Nov. 2 – Dec. 14	7 – 8:30 pm	\$84 + HST
Thursdays 10 – 11:30 am		
13 weeks, Sept. 22 – Dec. 15		\$195 + HST
12 weeks, Sept. 29 – Dec. 15		\$162.50 + HST
		\$180 + HST
		\$150 + HST

**Full sessions :** Pre-register at 705-662-1359, at the studio, or purchase online at [www.yogasudbury.com](http://www.yogasudbury.com) .

**Drop-ins :** Regular price : \$18 / Student/Senior\* price : \$16  
We can only accommodate drop-ins if the class is not full.

**\*Students :** with valid full-time student card

**\*Seniors :** 60 or over with proof of age