

Vinyasa Yoga

If you are looking for increased strength and vitality, a refreshed mental outlook or a deeper connection to the divine, the Vinyasa program can take you there.

Vinyasa is an energetic flow style practice with emphasis on linking movement with breath. We will dive in to a dynamic and rejuvenating practice relieving stiffness of the body and mind while creating a fertile space for personal growth!

Here is an opportunity to go to a place deeper than you have ever imagined possible!

Level 1:

Thursdays 12:15 – 1 pm

\$12/class drop-in

Level 2: 14 weeks, Sept. 13 – Dec. 20

(closed Thanksgiving)

Mondays 7 – 8:30 pm

\$189 + hst pre-registered OR \$18/class drop-in

- ◇ 2 payments can be arranged for this session :
Sept. 13 & *Oct. 18 (* post-dated cheque required)
- ◇ Pre-register at 705-662-1359 or at 61 Elm St., upstairs
or online at www.yogasudbury.com
- ◇ Class passes are not allowed for this session

**** 1 year membership holders welcome to join at no extra cost ****