

Natures Rhythm Yoga

Oxtongue Lake Community Centre



A Yoga-Nature Connection - Restorative

- *Improve Balance and Posture*
- *Gain Strength & flexibility*
- *Reconnect with Nature in a new way*
- *Classes suitable for all levels*
- *Non competitive – practice self care*
- *Practice Meditative to Vigorous*

Classes in Wednesday 4:30-5:30

Starting July 7th, 2010

5 Sessions \$60

10 Sessions \$100

Drop in \$15

Call to reserve your space on the mat

783-1691 or 635-3473

Call for Private Classes or Groups your place or mine!

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