



“MARCH” for Hatha YOGA

For 5 Weeks

Come join one of our groups to get a feel for “Gentle” Hatha Yoga!
Increase your flexibility while taking a gentle attitude towards yourself.
Work from where you are – not from where you think you should be.
Emphasis is made on small class sizes.
Please bring a Yoga mat, a light blanket for warmth during relaxation and wear loose clothing.

Monday evenings: 5:30 – 6:45 p.m. March 1st - 29th
7:00 – 8:15 p.m.

Wednesday evenings: 5:30 – 6:45 p.m. March 3rd - 31st
7:00 – 8:15 p.m.

Thursday evenings: Make Up Class March 4th - 25th
7:00 – 8:15 p.m. **Class size permitting**

Cost: \$60.00
2 times/wk:
10% discount: \$55.00
Drop-Ins \$15.00

Location: S.A.M.B.A. Clubhouse
Sturgeon Road
Next to the Water Park

To save a spot and answer any questions, please contact:

Marguerite Prefontaine
Instructor
780-458-5512
Email: marpref@telus.net