



MULTI-LEVEL YOGA

\$45.00 / session or \$7.50 drop in
ARC Multi-Purpose Room Upstairs - Ages 18+

Mondays 5:30 - 6:15 PM
Mondays 6:30 - 7:15 PM

October 30, November 6, 20, 27, December 4, 11, 18
*Note No Class Remembrance Day Weekend Nov 13th

No experience required. These multi-level yoga classes will show you that yoga truly is for every 'body'. Breath and technique of a sun salutation and other poses are taught with the support and instruction needed to master these moves. Our fall programs includes 7 x 45-minute sessions with an additional 15 minutes provided after each class to ask the instructor your individual questions.

This program is designed to help you become comfortable and educated in the group fitness activities that you are interested in - giving you the skills and confidence to participate in our regular drop-in fitness classes in the future.

For those with Fundamental Yoga knowledge and experience, our instructor will help you with longer poses, linking breath to poses and variations that challenge body and mind.

Thank you for your participation & patronage!

Namaste.

Participant Name: _____ **Age:** _____

YOGA Experience: Beginner Experienced

Contact Information:

Email: _____ preferred contact method

Cell: _____ preferred contact method

Any information that would help us give you the best experience?

REQUIREMENTS:

Each participant is required to provide their own yoga mat. Stretchy or loose fitting clothing and a water bottle is also recommended. Please wait in the lobby for the previous class to be finished before entering the Multi-Purpose Room. (former bowling alley). Please sign in each class.

Make cheques payable to **Aberdeen & District Charities Inc.** or eTransfer your total amount owing to aberdeenrecplex@gmail.com. Cash, Debit, Visa and MasterCard payments can be made in the admin office during business hours or at the concession.