

Yoga



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Yoga with Jade Burgess

- Inner Light Yoga
 - Flow Yoga
- Mindful Breathing
 - Intro to Yoga
 - Gentle Yoga
 - Drop in classes
- Intensive Workshops

For more information please contact
Jade Burgess-Holistic Yoga
(902)402-1948 or (902)757-3885
Email: yoginijade@gmail.com

Yoga Tone

Mondays 6:00 pm - 7:00 pm

Tone down the volume of the mind and tune your awareness back into body and spirit. This is a high paced class with an emphasis on breathing work and allowing our pranayama to move us. Suited for the experienced yogi.

Intro to Yoga

Thursdays 7:00 pm - 8:00 pm

We touch base on all the many different aspects of Yoga and how it can be applied on the mats and within our lives. There is so much to explore about Yoga and this class will leave you with a sense of accomplishment and a better understanding on all facets of this ancient practice. This is a weekly program for all levels.

Gentle Yoga

Sundays 11:00 am - 12:00 pm

A lighter approach to our Yoga asanas (poses) and breath work. In this class, we slow down and move with awareness and deepen our connection to relaxation and all our senses. What does it feel like to relax fully? Let your body answer that question and check out a gentle yoga class anytime.



**Drop in Price \$12 /class
or 10 Class Booklet /\$100.
All welcome!**

