

Fall Yoga in the Gym



EveryBODY Active

Gentle Flow Yoga

Cost: FREE

When: Thursdays, October 6th - December 15th

Time: 4:45 - 5:45pm

Where: O'Brien School Gym

Who: Open to all adults

Instructor: Chelsea Mottishaw

What to bring: Mat, blanket, water and if you are able, a donation to make a family's Christmas season brighter.

This class is for EveryBODY, whether you are a seasoned yogi, or rolling out the mat for the first time. This class offers an Introduction to the teachings of yoga, those that honour the body, mind, and movement with breath. You will be guided through yoga asanas (postures) and pranayama (breathing exercises), to help release stress and tension.

Co-sponsored by Somerville Aecon



For more information call Community Services 250-784-3604

