



## *Gentle Yoga*

Margaret Ryak Community Center  
68 Knoxdale rd

Wednesday's 7-8 pm

**\*\* No classes Aug 10 & 24th \*\***

**This is a calming and relaxing class that will gently stretch and strengthen the body while focusing on breath and alignment. It is an all body approach to healing, and preventing injury or pain. This class is open to all levels and abilities especially those who are new to yoga, injured or to those who have high levels of stress. Reconnect with your body and your breath and give yourself the gift of gentle yoga today.**

**Bring this flyer and don't pay for your first class**

Limit one per customer. Expires Sept 7<sup>th</sup> 2016