

Happy May Everyone

The abundance of Spring is upon us. Perhaps you have been planting seeds, or bulbs, doing Spring cleanup indoors or outdoors. I associate Spring with hope, new life, refreshing ourselves and the Earth.

You are welcome to join me on Sunday, May 7 for a special yoga class for gardening. We will focus on postures that prepare our bodies for gardening and find ease and relaxation for sore muscles afterwards! If you can't attend this virtual class live, a recording will be available.

Warmly
Kathleen



PRE-REGISTER: kp.oconnell@yahoo.com payment by e-transfer.

All classes on-line unless indicated otherwise

*Fees: individual class \$18;
Five class pass \$75 (expires three months from date of purchase,
First class \$10.
Or PWYC*

Tuesdays in May 6:30 - 7:50 pm

**Tuesday evening classes end with a restful restorative posture*

May 2 – Hatha Yoga – We will use stretch bands and/or light weights to explore strength and stability.

May 9– Yin Yoga - Pause in yoga postures for (3-5 minutes) to experience a deeper stretch, explore mind/body connection and your flow of energy.

May 16 – Restorative Yoga –Give yourself the gift of deep rest, supported by yoga props!

May 23 – Hatha Yoga –Gentle yoga followed by Yoga Nidra aka yogic sleep guided meditation.

May 30 – Hatha Yoga- Enjoy breath practices and slow flows.

Saturday Morning Yoga 10:30–11:45 am

Enjoy breath practices and flowing sequences to refresh your energy, body and mind!

kp.oconnell@yahoo.com 416-315-7154
www.facebook.com/embraceyogaandhealth

www.embraceyogaandhealth.com
www.instagram.com/embrace_yoga_and_health

Like me on Facebook and follow me on Instagram

