



EMBRACE
YOGA + HEALTH

Yoga News *December 2024*

Hi Everyone

A theme this month will be practices to de-stress over the holidays, enjoy movement and rest, and consider ways to practice ahimsa (non-violence/compassion towards self and others.

Warmly, Kathleen



PS check out below

Fall into Winter: An afternoon of Yoga December 14!!

PRE-REGISTER: kp.oconnell@yahoo.com payment by e-transfer. **Classes on-line unless indicated otherwise.**

*Fees: individual class \$21;
Four class pass \$72 (no expiry)*

Or pay what you can \$0-\$21

Tuesdays in November, December 6:30 - 7:50 pm

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

December 3 – Restorative yoga - Rest deeply in yoga postures, supported by props

December 10 – Hatha yoga Lets explore all the movements of the spine!

December 17 – Hatha Yoga Strengthen core and pelvic floor

Tuesday classes cancelled December 24 and December 31

SENIORS CHAIR YOGA

Thursdays 12:30-1:40 pm – Focus: strength, mobility, balance, seated in a chair, standing, and/or lying on a mat options. Experience more ease and vitality! \$18 per class

Saturday Morning Yoga

December 7, 21, 28 11:00 –12:15 pm

Enjoy breath practices and flowing sequences to refresh body and mind!

Saturday, December 14 Fall into Winter: An Afternoon of yoga: In person classes.

1- 2:15 pm Hatha Yoga Destress, find ease and strength in body and mind.

2:30 – 3:45 pm Restorative yoga

Rest deeply in this relaxing and nourishing class, supported by props. I supply the props. Bring a mat. Class includes a delicious face massage! Attend one or both classes. E-mail me to register. For more info:

www.embraceyogaandhealth.com/classes

Yoga Nidra (aka yogic sleep)

Sunday, December 8, 7:30 -8:05 pm -

Experience a state between wakefulness and sleep and deep levels of relaxation and peace.

Free RSVP



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

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

Follow me on Facebook and on Instagram