

Hi Everyone

My passion is making yoga accessible for all bodies and ages.

This new season can be a time to return to yoga, or take a yoga class for the first time.

If you have questions about which class might be a place to start be in touch!

Warmly, Kathleen



**PRE-REGISTER:** [kp.oconnell@yahoo.com](mailto:kp.oconnell@yahoo.com) payment by e-transfer. **Classes on-line unless indicated**

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

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

### **Tuesdays in September 6:30 - 7:50 pm**

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

#### **September 10 – Hatha Yoga**

Explore balance and breath, effort and ease

#### **September 17 –Restorative yoga**

Rest in gentle yoga postures supported by props, find stillness, quiet, and relaxation

**September 24 - Yin Yoga** - We pause in yoga postures for a number of minutes, in this meditative mind-body practice.

**October 1– Hatha yoga** – Feet and ankles, knees and hips, knees and hips.....

### **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**

**September 7, 14, 21 10:30–11:45 am**

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

**Saturday, September 28** in person

**11:00 am – 12:15 pm**

Roncesvalles United Church - 240 Roncesvalles Avenue.

Meet at the ramped entrance at 10:50 am

### **Yoga Nidra (aka yogic sleep)**

**Sunday, September 29 7:30 -8:05 pm -**

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

**Free RSVP**

