

Hi Everyone, Happy New Year!

You are invited to play with the themes of effort and ease in yoga and your life generally this month. When we listen closely to our bodies, there will be cues that we may need to rest, breathe more deeply, or engage in movements that are new, different or challenging in a good way.

In this pic I am shovelling snow in Wasaga Beach. I paid a lot of attention to my posture in order to take care of my back!  
Warm wishes  
Kathleen



**PRE-REGISTER:** [kp.oconnell@yahoo.com](mailto: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 January 6:30 - 7:50 pm**

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

**January 6 – Hatha Yoga** Strengthen core and pelvic floor

**January 13 – Hatha yoga** Explore and enjoy all the movements of the spine!

**January 20 – Restorative yoga** Rest deeply in yoga postures, supported by props

**January 27 –Yin Yoga** Connect with your breath in this mindful yoga practice where we stay in yoga postures for a few minutes at a time.

## **Saturday Morning Yoga**

**January 4, 11, 18, 25 11:00 –12:15 pm**

Let's warm up our bodies Saturday morning with the breath, movements that stretch and strengthen!

## **Older Adult Chair Yoga**

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

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

**TBD** - Experience a state between wakefulness and sleep and deep levels of relaxation and peace. **Free RSVP**

