


Hello Everyone

Spring into yoga this month with the Annual Yoga Fundraiser in memory of my brother Michael. All proceeds to Journey Home Hospice. Make it a morning and/or afternoon of yoga. We will refresh the breath, stretch our limbs, lengthen and strengthen the spine, explore balance. If you are not able to attend, you are welcome to make a donation.

For details: <https://www.eventbrite.ca/e/4th-annual-fundraiser-in-memory-of-michael-tickets-864030948827?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

Warmly Kathleen



4th Annual Yoga Fundraiser in Memory of Michael
Sunday, April 14, 2024
Virtual and In-Person Yoga

<p>Gentle Hatha Yoga on Zoom 11 am - 12:15 pm</p> <p>A gentle yoga class to refresh and awaken your energy through breath practices and asanas (yoga postures).</p>	<p>Yin Yoga In-Person 2pm - 3:15pm Community Room at Roncesvalles United Church, 240 Roncesvalles Ave</p> <p>In this class, yoga postures are held longer for a deeper stretch and meditative experience.</p>
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Both classes are beginner friendly, accessible yoga for all bodies!

Suggested donation of \$25 for one class or \$45 for both classes.

www.embraceyogaandhealth.com

This event brought to you in support of:



JOURNEY HOME HOSPICE

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

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

Or PWYC \$0-\$18

Tuesdays in April 6:30 - 7:50 pm

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

April 2 – Hatha Yoga

Explore the many movements of the spine

April 9 –Restorative yoga

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

April 16 - Yin Yoga - We pause in yoga postures for a number of minutes, in this meditative practice.

April 23 – Hatha yoga: A twisty and upside down class!

April 30 –Hatha yoga - Breathe, sound, stretch, strengthen!

Saturday Morning Yoga: April 6, 20 and 27

10:30–11:45 am

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

Saturday, April 13 - in-person class

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

April 21 7:30 -8:05 pm - Experience a state between wakefulness and sleep and deeper levels of relaxation and peace. **Free RSVP**

SENIORS CHAIR YOGA - Thursdays

12:30-1:40 pm - Build strength, mobility and balance to experience more ease and vitality! \$15 class

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