

Hello Everyone

I recently returned from Vancouver Island. These turtles were sunning themselves in Beaconhill Park; hope you enjoy the sunny weather too this week!

Spring is a time of renewal, many of us do clean up in and around our homes. Join me this Spring to awaken and refresh our bodies and minds with a focus on breath practices (pranayama)

Thank you for your support of the **3rd Annual Yoga Fundraiser in memory of my brother Michael**. \$1200 was raised for Journey Home Hospice!

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 April 6:30 - 7:50 pm

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

April 11– Hatha Yoga – Refresh, strengthen and relax with breath and movement.

April 18– Yin Yoga - Pause in yoga postures for (3-5 minutes) to experience a deeper stretch, explore mind/body connection and your flow of energy.

April 25 – Hatha Yoga –use of resistance bands to for strength and stability!

May 2 – Hatha Yoga – Focus on strengthening the core of the body

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

