

Hello Everyone

The Japanese coined a term in the 80s to describe the physical and mental health benefits of spending time in nature: forest bathing. On a recent visit to High Park with thousands of people enjoying the cherry blossoms; I found a trail to walk in solitude. It was magical. I experienced ease and calm in my body and mind taking in the quiet and beauty of Spring.

Wishing you too the benefits of spending time in nature!

Warmly 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 PWYC \$0-\$21*

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

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

### **May 7 – Hatha Yoga**

Explore the many movements of the spine

### **May 14 –Restorative yoga**

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

**May 21 - Yin Yoga** - We pause in yoga postures for a number of minutes, in this meditative mind-body practice.

**May 28 – Hatha yoga:** A twisty and upside down class!

## **Saturday Morning Yoga: May 4, 18, 25 10:30–11:45 am**

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

## **Saturday, May 11 - in-person Hatha Yoga 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 May 19, 7:30 -8:05 pm -**

Experience a state between wakefulness and sleep and deep 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! \$18 single class

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