

Hello Everyone

Let's celebrate Queer Joy, PRIDE and the resilience of our 2SLGBTQIA + communities!

Join me for a PRIDE inspired in - person yoga class on Saturday, June 22 at 1 pm. Details below.

Warmly, Kathleen



PRE-REGISTER: 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 June 6:30 - 7:50 pm

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

June 4 – Hatha Yoga

Explore balance and breath

June 11 –Restorative yoga

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

June 18 - Yin Yoga - We pause in yoga postures for a number of minutes, in this meditative mind-body practice.

June 25 – Hatha yoga: focus on strength and mobility in shoulders and hips!

Saturday Morning Yoga

June 8, 15 & 29 10:30–11:45 am

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

Saturday, June 22 PRIDE inspired

Hatha Yoga: 1:00 pm – 2:15 pm

Roncesvalles United Church - 240 Roncesvalles Avenue. Suggested donation \$10-\$20

Meet at the ramped entrance at 12:50 pm

Yoga Nidra (aka yogic sleep)

Sunday June 23, 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 – Focus on strength, mobility and balance : seated in a chair, standing, and/or lying on a mat.

kp.oconnell@yahoo.com 416-315-7154
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