

PRAIRIE SUNSET YOGA



INSTRUCTOR - AMANDA LARSON

~SEPTEMBER REGISTERED CLASSES~

Hatha Yoga for beginners - a slow-paced practice designed for a beginner showing you step by step how to get into poses, the names and what a flow class will look like.

It is the perfect class to help you learn yoga and focus on building flexibility and strengthening your muscles.

3 weeks - \$30 for the month of September. Minimum 10 people to run the class 7:30-8:30pm Wednesdays.

Call/text Amanda to register 306-715-8334 or on Facebook

*Location will be in Dundurn at the Community Hall

Info: Normally I'll do 4 weeks in a month but I'm away the first week so September will be a short trial month. I need at least 10 registered and paid in full to run the class for the month. Once I have enough registered I can open it to drop-ins at \$12 per class.

Any other questions please let me know.