

YOGA CLASSES



With Patricia Mitrevski, Yoga Instructor and Registered Nurse

PUCE SPORTS AND LEISURE CENTRE

Yoga: To unite the body and mind. To calm and bring out the peace from within, all with your breath and your movement. Allowing room for energy, grace and patience. Learning the art of being still from within.

Evening session starts September 14th

Monday evenings - 7pm – 8pm – Room 1A
Learn the art of Ashtanga and vinyasa yoga
Cost: \$60 for 8 classes

Daytime Session starts September 18th

Friday mornings -9am – 10am – Room 1A
Learn the art of Ashtanga and vinyasa yoga
Cost: \$60 for 8 classes

Or \$120.00 for all 16 classes

Call today to register at 519-727-0470 or download application form directly at www.pucereccentre.com

Deadline to register is September 11th, 2009