

# YOGA CLASSES



**EVENING SESSION STARTS MARCH 1<sup>ST</sup>**

**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.*

**Monday evenings - 7pm – 8pm – Room 1A**

**Learn the art of vinyasa yoga**

**Cost: \$64 for 8 classes**

**Call today** to register at 519-727-0470 or download application form directly at [www.pucereccentre.com](http://www.pucereccentre.com)