



*Monday April 13 - Monday June 8
8 week Introductory Session*

IN BALANCE

FUNCTIONAL YOGA

CALLING THE SORE, THE TIRED & THE STIFF !

This series will provide work on flexibility, stability & endurance training. Learn to functionally and intelligently release tension and restricted mobility from sports, weight lifting, or simply neglect – and witness the results as you dissolve stress patterns and awaken to a stronger, more flexible, body and mind.

Suitable for all ages and fitness levels.

****No class Monday May 18**

- **Monday Evenings from 5:15-6:15pm**

Jouer Café Unit 101 - 6302 29 ave

Stephanie has a passion for sharing the mental & physical benefits of yoga and wants to ensure that everyone who has a class with her leaves wanting more!

REGISTER:
T. 780-770-8816
stephanie@ibwc.ca

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