

FOUNDATIONS of Hatha Yoga



The evidence is in -
**practicing yoga is
good for your health!**

In this registered class,
you will **learn the basics**
of yoga postures & start
a strong yoga foundation
on which to build.



You will become conscious
of your **breath**, and get
comfortable with moving
slowly in and out of **yoga
postures**. The progressive
nature of this series
will help you develop
strength and **balance** as
well as **flexibility**,
while giving you tools to
reduce stress.



Join Catherine Reid

Monday November 9 -December 14 10:30-11:45am

Studio IPF: Inner Pursuit Fitness

303 B 13th Street, Courtenay

\$75+gst IPF Members:Class included in your Membership

Register on-line now! www.studioipf.com