

Instructed by:
Andrew Blades

Vinyasa Yoga

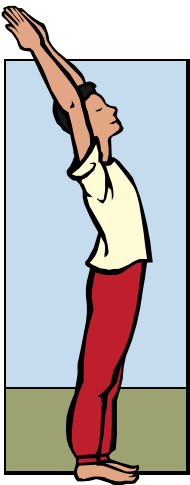
▶ Come join Andrew as he leads you through this flow style of yoga with smooth transitions from one pose to another. Great class for beginners and intermediates!



Mondays
6 to 7 pm
@ SRHS

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January 9th
To
February 27th

\$40/ 8 weeks



▶ Yoga mats will be provided or you can bring your own.



You must pre-register for this class.
To register contact Lisa at
875-2831 or
community.srhs@tcrsb.ca