



Yoga is starting up again in September at Emmanuel United Church, reserve your spot!!!

Curious about yoga, come and join Ann for the next 4-week series starting Tuesday, September 10th. Classes will be on Sept. 10th, Sept. 17th, Oct. 1, and Oct. 22. Cost for four classes of either chair or mat yoga is \$35.00. If there is space available, come in and try a class, single session fee is \$10.00 per class. Pre registration is required.

Chair Yoga – Tuesdays at 10:00

Chair yoga makes yoga accessible to everyone. It allows us to stretch every part of the body while in a seated position. Chair yoga is ideal for those who want to stay active and maintain their physical and mental health. The movements help to reduce stress, muscle stiffness, joint pain and helps with balance.



Mat Class – Tuesday at 11:15

Come and join us on the mat and increase your flexibility, mobility, reduce stress and stretch out those muscles!



Classes require a minimum of 3 participants and are limited to 9 participants, if interested please contact Ann to register.

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