

yoga with sheron jutila

NEW location

Creekside Co-housing (in the common house): 2202 Lambert Drive, Courtenay

Need directions or details? Reach out.

Not sure if you'll like the space or the class? Drop-in and try it on. Reservation required.

Hatha Yoga Fusion

Wednesdays 10:15-11:30am

September 6 to October 25

8 week registered series: \$128.00 (\$16.00/class)

Drop-ins welcome, space permitting, please reserve. \$20.00/class

Cash, Cheque, and E-Transfer are accepted.

A gentle Hatha-based practice with other yoga and holistic body practices blended in.

A mixture of floor and standing work. Options for increasing challenge and deepening awareness.

A mixed level class with poses to improve flexibility, balance, strength, and posture.

****It is recommended that you bring your own props as there are limited props available there.****

Don't have your own props? Let me know. I have some available for purchase.

We might be a fit if you...

...are curious about exploring the needs of your body, as it is, right now.

...are open to slower, mindful transitions into & out of poses with space to allow.

...have a foundation of experience in Hatha (or similar) yoga.

We might NOT be a fit if you...

...prefer fixed rules & alignment principles.

...are looking for sun salutes or a fast paced class/practice.

...believe in "no pain, no gain".

...are looking for a quick fix.

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BreatheLaughLove.com