

# yoga with sheron

I offer both **Zoom-only** and **Hybrid** classes (offered in person and online via Zoom simultaneously).  
My classes at Nourish Wellness are Hybrid.

## Why now?

Improve your physical & mental well-being so you can continue your favourite activities with less pain.

## Why yoga with me?

Learn to modify every pose to support your body, as it is, right now.

Returning students get first dibs for registering in the following session.

If you miss a class, you can join any other *Yoga with Sheron* class as a make-up.

## Why sign up for a series of classes?

Thrive with the support of a weekly commitment.

Learn something new each week and build on previous lessons.

## Why Nourish Wellness in Comox?

Small class size. Quiet space with clean floors. Gorgeous mountain view. Lots of props.

Temperature controlled (71 F/21.5 C) with filtered air.

## **50+ GENTLE YOGA** Mondays 10:15-11:15am → THIS CLASS IS HYBRID ←

September 12 to October 31 (7 weeks) NO CLASS October 10 Sliding scale\* \$105.00 to \$175.00

**Description:** A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice. All levels welcome.

## **50+ JOINT SERIES YOGA** Tuesdays 10:15-11:15am → THIS CLASS IS ZOOM ONLY ←

September 13 to October 25 (7 weeks) Sliding scale\* \$105.00 to \$175.00

**Description:** The 'joint freeing series' can be used alone as a gentle practice or as a warm-up for the joints before a Hatha Yoga practice or other activities. It includes mostly moving poses (seated & standing) that are linked with the breath. All levels welcome. This series is also easily adapted to practicing on a chair.

## **50+ HATHA YOGA FUSION** Wednesdays 10:15-11:30am → THIS CLASS IS HYBRID ←

September 7 to October 26 (8 weeks) Sliding scale\* \$120.00 to \$200.00

**Description:** Based in Hatha but we'll do whatever is required of the day. 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. Previous Hatha or similar yoga experience required.

## **50+ YOGAAHHH (Restorative/Yin)** Thursdays 2:00-3:15pm

→ **NEW! This class is Hybrid** ←

September 8 to October 27 (8 weeks) Sliding scale\* \$120.00 to \$200.00

**Description:** A blend of restorative & yin. We'll find delightful ways of opening the body by melting into the floor and draping ourselves over bolsters. Deeply nourishing and calming. Includes floor poses (seated, belly, back). Options will be given for all poses so you can decide if you want a deeper yin-like focus to your practice or if you want to just relax to the max via restorative.

**In person** class size is limited to 8 participants at this time.

**Cash, Cheque, Paypal and E-Transfer** are accepted.

**Drop-ins welcome (Zoom or In Person), space permitting, with reservation.**

**Late starters/registrations are welcome.** Fees will be pro-rated.

**What is sliding scale?** This practice is offered to allow access to the teachings for those who value them and cannot access them without burden, while still providing a living wage to the instructor.

Pay within your range - scrape up the minimum if you're broke and dig deep if you aren't!

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