

yoga with sheron jutila

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.

Nourish Wellness: 1822 Comox Avenue, Unit C (upstairs)

Small class size. Quiet space. Clean floors. Gorgeous mountain view. Lots of props.
Temperature controlled (70 F/21 C) with filtered air.

Hatha Yoga Fusion

Wednesdays 10:15-11:30am

November 2 to December 28 2022 (8 weeks)

January 4 to February 22 2023 (8 weeks)

8 weeks registered: Sliding scale* \$120.00 to \$200.00

Drop-ins welcome, please reserve ahead. Sliding scale* \$15.00-\$25.00/class

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. <<

***What is sliding scale?**

The participant pays what feels right and fits with their budget. The instructor receives a living wage. Scrape up the minimum if you're broke and dig deep if you aren't.

Cash, Cheque, and E-Transfer are accepted.

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

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BreatheLaughLove.com