

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.

Hatha Yoga Fusion

Wednesdays 10:15-11:30am

March 1 to April 26 (9 weeks)

***All classes are offered on a sliding scale fee:** Pay what feels right and fits with your budget.

9 week registered: \$135.00 to \$225.00

Drop-ins welcome, please reserve. \$15.00-\$25.00/class

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.

>> Previous Hatha or similar yoga experience required. <<

Cash, Cheque, and E-Transfer are accepted.

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

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BreatheLaughLove.com