

yoga with sheron

May and June 2022

~My classes at Nourish Wellness are **Hybrid** classes which means that they are offered **in person and online via Zoom** simultaneously. *Nourish Wellness, 1822 Comox Av, Unit C upstairs (Comox Av & Church St)*

~**Attending In person?** Class size is limited to 8 participants at this time.

~**Attending online via Zoom?** Due to the limitations of viewing each other "on screen", experience in yoga is recommended. You will need to supply your own props. (I have yoga props available to purchase.)

~**Drop-ins welcome (Zoom or In Person).** Sliding scale \$15-\$25/class. Contact me to reserve your spot.

~**Registering after the session starts?** I will send you the pro-rated amount.

~Cash, Cheque, Paypal and E-Transfer are accepted

GENTLE YOGA Mondays 10:15-11:15am → THIS CLASS IS HYBRID ←

May 2 to June 20 (7 weeks) NO CLASS May 23 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.*

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

May 3 to June 21 (7 weeks) NO CLASS May 24 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.*

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

May 4 to June 22 (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.*

YOGAAHHH (Restorative/Yin) Thursdays 2:00-3:15pm → THIS CLASS IS ZOOM ONLY ←

May 5 to June 23 (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.*

***What is pay-what-you-can/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 a bit if you're broke and dig deep if you aren't!

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