

# yoga with sheron

My classes at **Nourish Wellness** are **Hybrid** (offered in person and online via Zoom simultaneously).

Please note: As of Nov 1<sup>st</sup>, classes will be In Person ONLY.

## 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 with clean floors. Gorgeous mountain view. Lots of props.

Temperature controlled (70 F/21 C) with filtered air.

Drop-ins welcome, space permitting.

## GENTLE YOGA Mondays 10:15-11:15am

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

**November 7 to December 19** (7 weeks) 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.*

## HATHA YOGA FUSION Wednesdays 10:15-11:30am

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

**November 2 to December 28** (8 weeks) NO CLASS NOV 9 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

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

**November 3 to December 22** (7 weeks) NO CLASS NOV 10 Sliding scale\* \$105.00 to \$175.00

*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 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.

Drop-ins & late starters welcome, space permitting. \*Sliding scale \$15.00-\$25.00/class

**Registration Perks:** 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.

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