



# **YOGA**

## **@ Seeley's Bay**



### **Gentle Yoga**

### **Wednesdays 10-11am**

This is a relaxing yoga class with slow movements, gentle stretching and deep breathing. This class is ideal for older folks, new moms, those recovering from illness or injury, or anyone looking to slow down, stretch and relax.

**6 class session**  
**April 19 – May 24, 2017**  
\$50 for the session  
or drop-in for \$10/class

**Beginners are welcome**  
**Join anytime**  
**Seeley's Bay Community Hall**  
**151 Main Street**

**To register, or for more information, contact**  
**Kim Goodman, Recreation Coordinator**  
**Township of Leeds and Thousands Islands**  
**613-659-2415, ext. 207**