



Head to Toe...

Hatha Yoga classes with Julie Green,

Cert. Hatha Yoga Instructor & Thai Yoga Massage Practitioner

Personal Yoga Session 1hrs (\$30) by appointment

Thai Yoga Massage 90 mins (\$90) by appointment

Tuesday: 9:00 a.m. Chair Yoga – (SBA program) *Seeley's Bay* Community Hall

5:30 – 6:45 p.m. All Level Yoga – *Seeley's Bay* C.H. (Sept 20th–Dec 6th)fee:\$140

Wednesday:

9:30 – 10:45 a.m. All Level yoga – Seeley's Bay C.H. (Sept 21st – Dec 7th)fee:\$140

5:30–6:30 p.m. – Twsp. Sponsored Prgm. *Sweet's Corners P.S.*(Sept 21st –Dec 7th)

7:00–8:00 p.m. – Twsp. Sponsored Prgm. *Lansdowne* Community Hall (Sept 21st –Dec 7th)

Thursday: 10:45–12:00 noon All Level Yoga – Healthy Bodies Fitness Ctr. *Elgin*

1:15–2:15 p.m. All Level Yoga – St. Andrews 175 Stone Str. South, *Gananoque*

Either class: (Sept 22nd – Dec 8th) fee:\$140

Friday: 9:00 a.m. Chair Yoga – (SBA program) *Seeley's Bay* Community Hall

****Twsp. Sponsored Programs fee - \$45 per six weeks session (no drop – in classes)
or \$50 Universal pass (10 class pass good for all Twsp. fitness classes)

****SBA (*Seeley's Bay Athletics*) free – all welcome!

>>>>Drop-in classes welcome at all classes (\$16) - exception Twsp sponsored classes

Feel your best...some benefits include:

Feel Invigorated: improve circulation & energy.

Increase strength & flexibility.

Relieve anxiety, tension, stress & pain.

Feel Revitalized: experience more restful sleep and improved quality of breath.

For enquiries or to reserve your space, please contact:

jgreen2050@gmail.com call or text 613–929–9987

or call 613–359–6646

