YOGA with Heather

Certified Yoga Instructor

Those who have participated in a Hatha Yoga class know that it feels good to slow down, move and stretch. You leave the class feeling calm and more relaxed. Your body can receive many benefits from Hatha Yoga.

Join me for a gentle restorative style of Hatha Yoga practice. Learn easy stretches and postures to revitalize your self. Yoga is a 5000-year-old practice, which will bring your body, mind, emotions and your inner spirit into harmony.

The following are classes for the Spring **2009** schedule. Most classes start the week of March 30, 2009.

Monday

Gentle Yoga	5:30 – 7:00 pm Churchill Meadows CC (#429767)
Yoga	7:15 – 8:45 pm Churchill Meadows CC (#429764)

Tuesday

Yoga	9:30 – 11:00 am at River Grove CC (#427975)

Wednesday

Seniors Yoga	10:00 – 11:00 am at River Grove (RG Seniors)
Gentle Yoga	1:30 – 3:00 pm at Erin Meadows CC (#428438)

Thursday

Intermediate Yoga	6:15 – 7:45 pm at Churchill Meadows (#429768)
Yoga	8:15 – 9:45 pm at Erin Meadows CC (#428419)

Friday

Seniors Yoga	10:30 – 11:30 at Erin Meadows CC (#460545)

Private, group and corporate instruction and retreats are available.

*Heather Murdock (905-820-4706)*doingyoga@rogers.com