

# Small Group Yoga



**Sept 5th - Sept 26th  
Thursdays 9:30am - 11:00am**

**Parkwood YMCA  
\$40 Members, \$60 Non-Members**

Want to build on your yoga foundations? Have an injury and looking for modifications? If yes, this yoga session is for you! This class is an introduction to fundamental postures to build your practice, focusing on proper alignment with the use of props. With limited class sizes, hands on assistance and feedback, you'll feel stronger, more flexible, and increase your body awareness!



# Register Today!