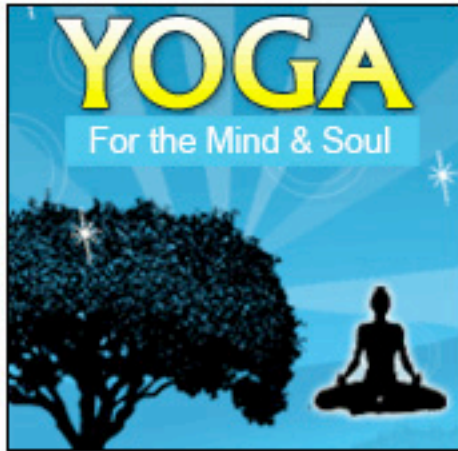




presents *Yoga Classes* - For Members & Guests



**YOGA Lessons will be held at 140 Commander Blvd.
On Fridays, April 17th, May 8th, May 22nd, June 5th and June 19th.
From 6.30 P.M. to 7.30 P.M.
LIMITED Cost is \$3 per lesson p.p. **1ST. COME BASIS.****

Yoga Requirements:-

Comfortable clothing.
Yoga mat.

Yoga needs to be done on an empty stomach.
3 hours after a heavy meal or 1 hour after a light meal.
Cushion to sit on - if uncomfortable to sit on the floor.
Alternatively, can sit on a chair.

Benefits of Yoga:-

Yoga is a fun, challenging and rewarding way to incorporate exercise into your life.
It is also a great 'Stress Management Technique' that can promote relaxation in your day-to-day activities.
Gain flexibility, balance, strength & stamina, promoting good health and fitness - with the daily practice of Yoga!

Teresa Menezes Teacher/Instructor, is a qualified & certified Yoga Instructor, Group Fitness Instructor, CPR & first Aid.



Call:- **Balbina 416-412-2197, Sal 905-472-4177, Charles 416-286-8970.**