



# YOGA CLASSES



## SANDYPOINT JUNE SCHEDULE

### YIN YOGA

70min classes

Is a Slow paced practice focusing on longer held poses using props to access the deep connective tissues, fascia and ligaments. You will leave feeling relaxed and balanced.

All Levels Welcome!

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Thursday June 7th- 7pm  
Saturday June 9th- 10:30am  
Friday June 29th - 6:30pm  
Sunday June 24th- 11am

### ALL LEVELS POWER FLOW

Powerful Class where students move from one pose to the next connecting breath to movement. You will leave feeling energized and maybe a bit sweaty

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Saturday June 2nd -10:30am  
Friday June 8th-6:30pm  
Friday June 30th- 10:30am

NEAR TREES ON BEACH (POWER  
FLOW) OR GRASSY AREA BEHIND  
BEACH PARKING LOT (YIN)

INTRODUCTORY PRICING

\$10/CLASS

NO MAT NO PROBLEM BORROW ONE OF MINE

COUNTERACTS THE EFFECTS OF SITTING ALL DAY  
CREATES MENTAL CALMNESS  
REMOVES BLOCKAGES  
REDUCES STRESS



WEATHER PERMITTING  
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