



# YOGA CLASSES



## SANDYPOINT JUNE SCHEDULE

### YIN YOGA 70min

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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Saturday June 9th- 10:30am  
Sunday June 24th- 10:30am

### ALL LEVELS POWER FLOW 70mins

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

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

INTRODUCTORY PRICING

\$10/CLASS

CHILD CARE AVAILABLE

\$3/CHILD

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



NO MAT NO PROBLEM BORROW ONE OF MINE

WEATHER PERMITTING  
CHECK FACEBOOK PAGE FOR  
UPDATES

<https://www.facebook.com/journeyunltd/>

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