YOGA

The yoga program comprises of two distinct styles – traditional Hatha and YIN yoga. These classes are structured for beginners to intermediate level and allow everyone to enjoy the benefits of yoga in a relaxed ,fun yet a bit challenging manner. Your own mat is needed but the centre has blocks, blankets and bolsters to assist you with support and comfort. The class runs every Wednesday at 10:00AM in the auditorium and cost $5.00.

CHAIR YOGA

The chair yoga class is dedicated to helping members with limited mobility, health issues or any physical constraints.. The use of a chair provides a stable and safe opportunity to enjoy and practice

yoga in a slow and focused manner. During the class the emphasis is on breathing and motion so that specific areas are gently articulated which provides increased flexibility and reduction in pain. The class is Saturday morning at 9:30AM and the cost is $3.00

INSTRUCTOR

Andre Casaubon is a certified yoga instructor with over 35 years experience in many aspects of yoga including breathing techniques, meditation ,wellness and living a healthy lifestyle. If you have any questions he can be reached at 604 740 8350 or e-mail at acasa12@hotmail.com