

WORKSHOP & COURSE



YOGA FOR THE YOUNG AT HEART

WITH SANDY CULPITT

Yoga specifically designed for the over 55's who are new to yoga or returning after a break.

MONDAYS

This 75 minute class will be aimed at beginners and returners with a different theme each week designed to gradually introduce and build on the basic asanas (postures), pranyama (breathing techniques) and relaxation. Everyone is welcome to join this class.

WEDNESDAYS

This 75 minute class is aimed for everyone, no matter their ability or years of yoga practice. Each week will have a the same theme as the monday class with some more advanced options for those who wish to challenge themselves a little more.

See what it is all about at the workshop:

Yoga taster for the over 55's. You don't need to be flexible, fit or a certain age to enjoy yoga. Find out how yoga can help YOU. Suitable for people with joint issues, including replacements, breathing issues, controlled heart conditions, neurological conditions and other medical conditions. A 2 hour workshop introducing breathing techniques (pranayama) gentle postures (asanas) and relaxation.

ABOUT THE INSTRUCTOR:

Sandy was a physiotherapist in the UK for 30 years and has been a keen sportswoman all her life. She discovered yoga 7 years ago as a way of keeping fit for the sport she loves but yoga became much more than that for her. She became a 200 HR Alliance Certified Instructor early in 2013 and has been teaching yoga to her clients ever since. With her extensive phsyio knowledge she is able to help all people of all abilities, ages, shapes and sizes to discover yoga and its benefits in a safe and supportive manner.

COURSE DATES:

Starts FEB 1st
8 weeks

Mondays
2:30PM — 3:45PM

Wednesdays
3:30PM — 4:45PM

COST:

\$17 plus tax drop-in
5x & 10x passes available

WORKSHOP DATE:

January 27th
2:30PM — 4:30PM

COST:

\$15 plus tax
(\$10 for Mountain
Volunteers/ Village Hosts)

SIGN UP ONLINE:
YAMAYOGA.CA

YAMA  **YOGA**