

Big Fish Yoga

Connie Moker Wernikowski

HOLY YOGA CLASSES WINTER 2012 SCHEDULE AND PRICES

Tuesdays – 9:10 am to 10:25 am Christ the King (CTK) Hall **January 10 to April 24 (No class January 24 or March 20)** – 14 weeks (Gentle/Level 1) **\$120**

Tuesdays – 10:35 am to 11:30am Christ The King (CTK) Hall **January 10 to April 24 (No class January 24 or March 20)** – 14 weeks (Very Gentle) This will be a relaxing, restorative, and strengthening class for seniors or others who want to practice yoga slowly and gently. **\$110**

Tuesdays 5:30 pm to 6:45 pm Living Spirit Centre **January 10 to April 17– 14 weeks (No class January 24)** (Level 1 and Level 2 : Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$120**

Tuesdays 7 pm to 8:15 pm Living Spirit Centre **January 10 to April 17– 14 weeks (No class January 24)** (Level 1 and Level 2 : Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$120**

Thursdays - 5:30 pm to 6:45 pm St. Luke's Anglican Upper Hall **January 5 to April 19 (No class January 19 and April 5)**– 14 weeks (Level 1 and Level 2: Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$120**

Thursdays - 7 pm to 8:15 pm St. Luke's Anglican Upper Hall **January 5 to April 19 (No class January 19 and April 5)**– 14 weeks (Level 1 and Level 2: Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$120**

Description of Levels

Very Gentle – excellent for seniors or those with some physical difficulties (aching joints etc)

Gentle – restorative, relaxing

Level 1 – Introductory

Level 2 – Intermediate

Level 1 and Level 2 – New people receive an introduction while returning students may work at an intermediate level if they wish

Locations

CTK – Christ the King Church Hall, 3239 Garnet Street, Regina, SK

Living Spirit Centre – Arcola and Doan, Regina, SK

St. Luke's Anglican Upper Hall – 3233 Argyle Rd, (The hall is a separate building just north of St. Luke's Church, go in the south hall door just across from the door to the church)

HATHA FLOW YOGA CLASSES WINTER 2012

Connie will be offering classes through:

Youth Ballet and Contemporary Dance of Saskatchewan

Wednesday mornings at 10:45 am, 1106 McNiven Avenue

To register call YBCS at 352-9908