



Yoga Classes

Renew

Revitalize

Energize

This holistic yoga class is perfect for beginners as well as those with previous yoga experience. yoga postures, breathwork, and meditation techniques will be taught to promote balance in the body, mind and spirit. Each class will build upon the last to deepen the understanding of alignment and breath while developing physical strength and flexibility. All levels are welcome!

Instructor: Kyla Fischer lives in the Mill Creek Community and has been practicing yoga for over 10 years. She holds RYS 200 Yoga Teacher Training certification and has experience in various styles of yoga including Hatha, Akhanda and Ashtanga. Kyla is committed to life- long learning as a student of yoga and is honoured to share the joy and peace that yoga offers.

Two classes are available:

Strathcona Centre Community League

10139 - 87 Avenue (second floor)

Tuesdays, 10:00 - 11:15am

January 11 – February 22 (7 weeks)

Fee \$84.00

(register with a friend: 2 for \$156)

Ritchie Community League Hall

7727-98 Street

Mondays, 7:00-8:15pm

January 10 – February 14 (6 weeks)

Fee \$72.00

(register with a friend: 2 for \$134)

To register call Kyla Fischer at 780-430-0229 or email fischerk@telus.net

***Please bring your own yoga mat to class**