



Inspired Movement

A Gentle Hatha Practice

**Try it
FREE
May 7**

Join Kaylie in this morning gentle yoga practice. This class will incorporate mindfulness, breath, alignment, balance, functional movement and more! Ages 19+.

Participants to bring their own yoga mat. All levels welcome. *No class May 28th.

\$60 for five sessions

Registration deadline: Monday, May 13th
<https://arrowsmithrecreation.ca/classes>

MEADOWOOD COMMUNITY CENTRE
1810 GALVIN PLACE, QUALICM BEACH, BC

Kristine Stephenson: stephenson@live.ca or 250-927-3985

Tracy Cargo-White: tracy.cargo@outlook.com or 250-947-5272