

# YOGA

## MIND

Inner peace

## BODY

Flexibility & Strength

## SPIRIT

Lift

**Seniors:** Wed. Nov. 2<sup>nd</sup> 3:30-4:30pm  
Ages 60+ Specially geared to the needs of a well seasoned  
mind and body

**Level 1:** Introduction to Hatha Yoga Wed. Nov. 2<sup>nd</sup> 7:00-8:30pm  
Experience NOT necessary

**Level 2:** Experienced-Multi level

Tues. Nov 1<sup>st</sup> 7:00-8:30pm

And/Or

Thurs. Nov. 3<sup>rd</sup> 7:00-8:30pm

6 weekly sessions	\$50.00
6 twice weekly sessions	\$90.00
Seniors	\$30.00

Westminster United Church  
69 William St.

\* Registration is on the first day of your session

CALL

**Pam Somers 416-248-5143**

**Vera Yellery 416-244-6313**

