

## **HATHA YOGA**

***Registration takes place at the first classes of each session.***

*Hatha Yoga is a branch of yoga that emphasizes physical exercises to master the body along with the mind, as well as exercises to withdraw it from external objects. The yoga postures and breathing techniques purify the physical body. There is no better health tonic than Yoga asanas (bodily postures).*

Instructor Michelle Dominey

Tuesday's 7:00-8:00 pm

Thursday's 10:00-11:00 am

Saturday's 9:00-10:00 am

Held at the Last Mountain Lake Culture Centre

Sessions run in 2-month intervals (Jan/Feb, March/Apr, May/June, July/Aug, Sept/Oct, Nov/Dec)

Prices vary depending on the session.

Drop in prices: \$8 with Rec Membership or  
\$10 with no Rec Membership