

GENTLE MOVEMENT at Trinity Lutheran Church

Monday Mornings 10:00 to 11:15 am
September 18 to December 11*

* except October 9

FALL 2023 YOGA WITH BARB

Early Bird Special
\$110 for 12 classes
before September 18



House Pose

Move and stretch through gentle movements and accessible yoga poses while also learning calming techniques to live with more ease and joy.

Cost after September 18
\$30 for 3 class punch card
or drop-in \$15

Contact barbayogaguide@gmail.com
<https://barbaralritter.ca>
780-468-5985 (home)

Bring yoga mat, blanket

Where Trinity Lutheran Church
(either in Sanctuary or
Luther Centre Hall)
10014 - 81 Avenue

