

Yoga Fit for SHA employees & affiliates at St. Paul's Hospital

In room next to SPH Fitness Centre (sign will be on the door)

Wednesdays January 23 - February 27th

12:05—12:50

Space is limited so register early

Instructor: Mimi Lodoen

NOTE: Please bring your own yoga mat

Fees: 6 weeks
\$30.00

Fees will be collected on the first day of class.

Please register on the SHR Infonet: Applications—Training Registration System—Healthy Workplace
or email mimi.lodoen@saskhealthauthority.ca

Visit our website at: www.shrhealthyworkplace.ca



10 REASONS TO LOVE YOGA:

1. Calms the mind
2. Builds mindfulness
3. Energizing
4. Builds flexibility
5. Non competitive
6. Easily modified
7. You're always learning
8. Brings awareness
9. Builds strength in muscles
10. Helps you love your body

... a healthy workplace initiative