

Yoga Fit at Idylwyld Centre

Tuesdays & Wednesdays:

12:05—12:50

(Please check the dates for specific days)

Idylwyld Board Room—2nd floor

Sept 17, 25

Oct. 2, 9, 15, 22, 30

Nov. 6, 12, 19, 27

Dec. 3

Fees: 12 weeks—\$70.00

Please pay Laureen via cheque (made out to SHA)
on first day of class

To confirm your spot, register on the
Training Registration System, or if you
don't have access, please email Mimi at
Mimi.lodoen@saskhealthauthority.ca

Yoga isn't about executing the poses perfectly, or having the best balance. Yoga is connecting with yourself. Yoga is like learning to breathe again. Or that moment when you jump out of bed in the morning, rush outside to do the sun salutation and you're blinded by how utterly brilliant the world can be. Yoga is taking a moment from your stressful, up-beat life and remembering you have a soul that needs tending to.

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