

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

In room next to SPH Fitness Centre ((Marquis Fitness Room)

Tuesdays—Sept. 17—Dec. 17: 14 weeks \$75

Thursdays—Sept. 19—Dec. 19— 14 weeks \$75

12:05—12:50

Instructor: Gail

NOTE: Please bring your own yoga mat

Please register on the Infonet— Applications/Training Registration System/Healthy Workplace.
If you don't have access to the Infonet, please email:
Mimi.Iodoen@saskhealthauthority.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

Today's good mood is sponsored by Yoga

... a healthy workplace initiative



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