



YOGA

@ Seeley's Bay



Gentle Yoga

Wednesdays 10-11am

This is a relaxing yoga class with slow movements, gentle stretching and deep breathing. This class is ideal for older folks, new moms, those recovering from illness or injury, or anyone looking to slow down, stretch and relax.

6 class session
April 19 – May 24, 2017
\$50 for the session
or drop-in for \$10/class

Beginners are welcome
Join anytime
Seeley's Bay Community Hall
151 Main Street

To register, or for more information, contact
Kim Goodman, Recreation Coordinator
Township of Leeds and Thousands Islands
613-659-2415, ext. 207