

Try Yoga And It's Health Benefits !!!!

Some health conditions can be improved with yoga! There are beginner/intermediate yoga classes in Waldheim taught by Jennifer Froess, a certified 200hr RYT yoga instructor. Classes are at the ZOAR MENNONITE CHURCH at 4009 2nd Avenue East in Waldheim. EVERYONE is welcome in any of the classes.

Tuesday 7:30-8:30pm – Apr 25th – May 16th (4 classes) **Evening class!**

Tuesday 10:00-11:00am – Apr 25th – May 16th (4 classes) **Daytime class!**

Thursday 10:00-11:00am – Apr 27th – May 18th (4 classes) **Daytime class!**
(classes are dependent on enrollment numbers)(please bring a yoga mat)

Cost: Tuesday evening - \$40 / Tuesday days - \$40 / Thursday days - \$40

If registering for more than 10 classes in one session, there is a discount of \$10.

Payment by cash or cheque at the **first** class. For reoccurring registrations, make up classes must be done in the same session and will not be carried over to the next session.

You may register by email at jvfroess2@gmail.com or phone Jennifer at 306-947-2524.