

### **How We Can Keep Our Back Healthy In A Yoga Practice!**

In these next 6 classes, we are going to concentrate on taking care of our backs with our supporting muscles that are needed during our yoga practice. We will be practicing our preset which is engaging our pelvic floor, transverse abdominals and multifidus. Then we will be using these muscles during our yoga practice. Also, there will be a few myofascial release exercises as well. The classes are all beginner/intermediate yoga classes in Waldheim instructed by Jennifer Froess, a certified 200hr RYT yoga instructor. Classes are at the ZOAR MENNONITE CHURCH at 4009 2<sup>nd</sup> Avenue East in Waldheim. EVERYONE is welcome in any of the classes.

Tuesday 7:30-8:30pm – Nov 7<sup>th</sup> – Dec 12<sup>th</sup> (6 classes) **Evening class!**

Thursday 10:00-11:00am – Nov 9<sup>th</sup> – Dec 14<sup>th</sup> (6 classes) **Daytime class!**

**(classes are dependent on enrollment numbers)(please bring a yoga mat)**

Cost: Tuesday evening - \$60/ Thursday days - \$60

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

Payment by cash, cheque, or e-transfer 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 [jvfoess2@gmail.com](mailto:jvfoess2@gmail.com) or phone Jennifer at 306-947-2424.