

SUMMER YOGA....

Vinyasa Flow Yoga

Friday 12:20-1:20pm (6-week program)

July 23rd - August 27th 2010

Early Bird Price \$36 + GST before July 12th

\$48 + GST after.

Sign up today at Reception Desk.

Why Summer Yoga?

It's Satisfying

Yoga is one of those things where you see real results with a little practice and determination. It's also one of those things that people spend a lifetime doing, seeing constant improvements in skill and thoroughly enjoying. Keep at it and you'll not only see positive changes in your body, but also in your ability to get into and hold those poses that looked totally crazy when you first started.

Build Confidence

Yoga creates strong, lean muscles and depending on the type yoga practice, it can be a great workout which improves your overall health. Stronger, leaner and healthier builds confidence, and confidence is sexy.

For any further information,

Please contact Annie Hird

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