

# YOGA WITH BARB in Holyrood at St. Luke's

Thursday Evenings 7:00 to 8:15 pm

January 12 to March 30



❄️ **WINTER 2023** ❄️  
**COMMUNITY YOGA**

**\$30 - 3 class punch card**

or

**Drop-In \$13 per class/adult**

**\$8 per class/youth/child**

Holy Fig Tree Pose



**Yoga is about increasing ease, stability and joy. Experience how yoga can be beneficial without being hard. Plus learn cool calming techniques.**

**When** (Thurs) January 12 to March 30, 2023

**Time** 7:00 to 8:15 pm

**Bring** mat, strap, two blocks, blanket

**Where** St. Luke's Anglican Church (main hall)  
8424 - 95 Avenue

**Cost** **\$30 for 3 class punch card**

**Drop-in** \$13 per class/adult  
\$8 per class/youth or child

**Contact** [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org)  
[barbayogaguide@gmail.com](mailto:barbayogaguide@gmail.com)  
<https://barbaralritter.ca>