

GENTLE MOVEMENT at Trinity Lutheran Church

Monday Mornings 10:00 to 11:15 am

January 9 to April 3*

* except February 20



❄️ **WINTER 2023** ❄️

YOGA WITH BARB

**Early Bird Special
\$100 for 12 classes
before January 9th**



Easy Tree Pose

Move and stretch through gentle and accessible yoga poses while also learning calming techniques to live with more ease and joy.

Cost \$30 for 3 class punch card
on or after January 9th

Drop-in \$13 per class

Contact barbayogaguide@gmail.com
<https://barbaralritter.ca>
780-468-5985 (home)

When (Mon) January 9 to April 3, 2023*
*except February 20

Time 10:00 am to 11:15 am

Bring yoga mat, blanket

Where Trinity Lutheran Church (Sanctuary)
10014 - 81 Avenue