

YOGA WITH BARB in Holyrood at St. Luke's

Thursday Evenings 7:00 to 8:15 pm

April 13 to June 15



Holy Fig Tree Pose



Spring 2023

COMMUNITY YOGA

\$30 for 3 class punch card

– or –

Drop-in \$13 per class/adult

\$8 per class/youth/child

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

When (Thurs) April 13 to June 15, 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
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