

GENTLE MOVEMENT at Trinity Lutheran Church

Monday Mornings 10:00 to 11:15 am

April 17 to June 12*

* except May 22



**Spring 2023
YOGA WITH BARB**

**Early Bird Special
\$70 for 8 classes
before April 17**



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

Drop-in \$13 per class

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

When (Mon) April 17 to June 12, 2023*
*except May 22

Time 10:00 am to 11:15 am

Bring yoga mat, blanket

Where Trinity Lutheran Church (Sanctuary)
10014 - 81 Avenue