

**Wellness Classes – Schedule for September 2022**  
(Starting Tuesday September 6<sup>th</sup>)

Check Online Schedule Regularly – New Classes Are Coming Soon!

Monday	Wednesday	Fridays
5:15pm – 5:45pm  Introduction to Meditation  (Kristina Trudel)	4:00pm – 4:30pm  Meditation For Stress Reduction  (Kristina Trudel)	12:15pm – 12:45pm  Meditation For Growth and Manifestation  (Kristina Trudel)
6:00pm – 7:15pm  Children’s Mindfulness Ages 6 to 12  (Kristina Trudel)	4:45pm – 5:45pm  Hatha Yoga All Levels - Beginners Welcome  (Kristina Trudel)	1:00pm – 2:00pm  Hatha Yoga All Levels - Beginners Welcome  (Kristina Trudel)
7:30pm – 8:30pm  Hatha Yoga All Levels - Beginners Welcome  (Kristina Trudel)	6:00pm – 7:00pm  Hatha Yoga For Ages 50+  (Susan Osterlund)	
	7:15pm – 8:15pm  Hatha Yoga For Bigger Bodies  (Susan Osterlund)	

## Class Descriptions

1. **Meditation** – Join us for a thirty minute meditation escape from the stress of daily life. Meditation has countless benefits for your mind, body, and overall health – it reduces stress, lowers anxiety, improves focus and attention, reduces blood pressure, and much more! Choose from one of our three themed classes (introduction, stress reduction, growth & manifestation).

**30 minutes.....\$13.00**

2. **Hatha Yoga** - Hatha yoga is a general term that refers to any type of yoga that teaches physical postures. Our Hatha Yoga classes incorporate postures, breathing exercises, stretching, and guided relaxation. The class will help to increase flexibility while promoting overall health and deep relaxation. Choose from our three classes

- All Levels – All levels of ability are welcome to join this class, including beginners
- Ages 50+ - This class is for individuals over the age of 50 who prefer a gentler class
- Bigger Bodies – This class offers a welcoming, non-judgemental space for bodies of all shapes and sizes

**60 minutes (drop-in rate per class).....\$20.00**

**10 class pass with 3 month expiry .....\$170.00**

3. **Children’s Mindfulness Program** – We are so excited to offer this new 12 week program for children between the ages of 6 and 12. This program teaches skills that every parent would want for their child – skills that will help with their future! Mindfulness helps children to manage stress and anxiety, improve concentration, support a healthy self-image and view the world in a positive way. This is a 12 week program that begins Sept 19<sup>th</sup>. A note to parents: you are welcome to sit and watch the class. Alternatively, you might enjoy a 60 minute spa treatment or a nourishing drink in the café while your child attends the class!

**Introductory Class (for those who want to try a class before committing to the 12 week program) .....\$20.00**

**12 Week Program (every Monday Starting Sept 19).....\$300.00**

## Important Notes

- Please bring your own yoga mat (available for purchase in our Natural Boutique or for rent at \$4.00/class).
- Due to class size restrictions, we highly recommend registering and paying in advance to guarantee your spot
- All rates are subject to HST
- For more information on classes and instructors, go to [www.ezentials.ca](http://www.ezentials.ca) and click on “classes”

## About the Instructors

**Kristina Trudel** (Early Childhood Educator, Yoga and Meditation Teacher)

"I have a deep interest in yoga, mindfulness and wellness. I believe we are much more than our physical bodies. We can live to our highest potential when we pay attention to our body, our mind, and our spirit. We are holistic beings!"

"I also have a passion for learning and teaching, and have been working with children for most of my career. I know that they are leaders of the future. Teaching children mindfulness will give them the tools for abundant success."

**Susan Osterlund** (Yoga and Pilates Instructor)

As a certified Hatha Yoga and Pilates instructor, Susan looks to inspire people of all levels of fitness to be in touch with who they are and who they can be. As a teacher Susan, loves both physical practice and time to sit still and be. Her classes encourage students to pay attention to the alignment of their bodies and to become aware of their breath and state of being.

