

## Wellness Classes – Schedule for December 2022

Monday	Wednesday	More Yoga Classes
5:15pm – 5:45pm Introduction to Meditation (Kristina Trudel)	4:00pm – 4:30pm Meditation For Stress Reduction (Kristina Trudel)	A Space to Breathe Yoga Studio is hosting classes in our studio this month – for a full list of classes, go to:  <a href="http://www.aspacetobreatheinc.com/class-schedule">www.aspacetobreatheinc.com/ class-schedule</a>
6:00pm – 7:15pm Hatha Yoga All Levels - Beginners Welcome (Kristina Trudel)	4:45pm – 5:45pm Hatha Yoga All Levels - Beginners Welcome (Kristina Trudel)	
	6:00pm – 7:00pm Hatha Yoga For Ages 40+ (Susan Osterlund)	
	7:15pm – 8:15pm Hatha Yoga For Bigger Bodies (Susan Osterlund)	

### BUT WAIT, THERE'S MORE...

#### Decorate Your Own Gingerbread House

Our last workshop (cupcake decorating) was a huge success – everyone had a great time! This month, the theme is “Decorate Your Own Gingerbread House.” Don’t miss out on this fun evening out – the event is hosted by Amici and Ezentials. Bring your kids, friends, and family - then let the creativity flow! All supplies will be provided and you will leave with a fully decorated house of your own creation!

**Thursday December 8<sup>th</sup> from 7:00pm – 8:30pm .....\$40.00**

#### Preparing for the Holidays Seminar

This event is hosted by Charm Plus and Ezentials just in time for the holidays! Enjoy an evening out and learn tips for applying party make-up, seasonal skin care, hosting gatherings, and dining in style. Everything you need to make the holiday season more festive!

**Thursday December 1<sup>st</sup> from 7:00pm – 8:30pm.....\$30.00**

## Weekly Classes - 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!

**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 40+ - This class is for individuals over the age of 40 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**

## 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”