

Wellness Classes – Schedule for February & March 2023

Wednesday	More Yoga Classes – EXCITING NEWS
4:00pm – 4:30pm Meditation For Stress Reduction (Kristina Trudel)	<p>A Space to Breathe Yoga Studio has joined Ezentials and is offering all of their classes in our studio!</p> <p>For a full list of classes, go to: www.aspacetobreatheinc.com/class-schedule</p>
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)	

Weekly Classes - Descriptions

- 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**

- 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 and click on “classes”