

# Breezeyoga

love.  
Adult Pre-Registered

Yoga for Anxiety

Tuesdays 8:30- 9:40 pm

Morning Power Flow

Mondays and Wednesdays 6:00am – 7:00am

50+ Yoga

Thursdays 8:30pm – 9:40pm

Investment: \$90 for 1 day/week \$150 for 2 days/week\*

6 Week Sessions begin the week of March 6<sup>th</sup>!

\*All Pre-registered sessions are included with a **Premium Membership!**

[www.breezeyoga.ca](http://www.breezeyoga.ca) 403.340.2771