



Y.O.G.A.

is at

The Pulse Generator

Thursdays (UAH)

Your Own Great Adventure



Y.O.G.A.

Thursdays:



12:05 - 12:50

YOGA and Meditation



4:30 - 5:30

YOGA for Back Care



6:30 - 7:30

Free Flow YOGA



September 17 - December 3 (no class Nov. 12 or 19)



**10 weeks - 12:05 (\$65.00 non-member -
4:30 & 6:30pm \$85.00 (non-member)**



**All classes are offered FREE to PC
members. Use discount code **YOGA26****



all participants must register online



pulsegenerator.ca

