



# ARE YOU AN EMPLOYER OR ORGANIZATION?

Looking for teambuilding,  
ways to relieve stress and  
reduce sick days for your  
employees?

Book Private Group Yoga now

[www.findyouryoga.ca](http://www.findyouryoga.ca)  
[sarissa.banks@gmail.com](mailto:sarissa.banks@gmail.com)



# 1 ON 1 YOGA

## PRIVATE GROUP YOGA

60,75 or 90 minutes. These private sessions will be customized to your specific goals and needs.

We will explore various breathwork, self care practices, nervous system regulation, joint mobility and balance practices to support your overall health and quality of life.

A variety of options for styles of yoga including but not limited to:

Restorative yoga, Yin Yoga and Yoga Nidra. Soundbath included in each session.

Healy(microcurrent and frequency device approved by Health Canada)scan and program included. To book: sarissa.banks@gmail.com

(780)933-0457

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# Winter Yoga Series

Thursdays 7-8:15 p.m. Feb 8 - Feb 29, 2024

Memorial Hall - Bezanson Community Events Centre

We will explore different styles of yoga, so that you can find what works for you.

Come stretch, move, unwind and release stress.

Learn tools and techniques to increase your physical and mental health.

Classes end with a sound bowl relaxation

\$100- 4 classes

\$30 drop-in - please notify me if you plan on dropping in and for which sessions

LIMITED SPOTS AVAILABLE  
NO EXPERIENCE REQUIRED  
ANY QUESTIONS?  
MESSAGE ME

To register please send e-transfer to [sarissa.banks@gmail.com](mailto:sarissa.banks@gmail.com) with your email address in the notes