



**149 Neva Road
PO Box 1306
Lake Cowichan BC
V0R 2G0**

**(250) 932-5858
yogawithross@gmail.com**

Prices
\$12/class for chair yoga only
\$15/class
\$35 unlimited for 1 week
\$65 unlimited for 2 weeks
\$130 - 10 class punch card

**Please reserve online at
www.serenityyogaatthelake.com**

Yoga Schedule Effective November 8 – December 18, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alignment Yoga 10:00 - 11:20am	Hatha Yoga 10:00 - 11:20am		Hatha Yoga 10:00 - 11:20am	Yin Yoga 10:00 - 11:20am	Hatha Yoga 10:00 - 11:20am
Chair Yoga 1:30 - 2:30pm	Yin Yoga 6:30 – 7:50pm		Chair Yoga 1:30 - 2:30pm		Alignment Yoga 1:30 - 2:50pm <i>No class Dec 18</i>

Hatha Yoga (hard level) is posture, movement and breath. A flowing style with lots of down dog and warrior poses. Less supervision with emphasis on momentum. Great for someone looking for a balance of fitness, strength and flexibility. This class is recommended for novice level or higher.

Alignment Yoga (medium level) is a mix of Hatha Yoga and Yin Yoga. A dynamic style focusing on your spinal alignment complete with flowing and static postures. More supervision with emphasis on the individual participant. Great for those with reoccurring injuries. This class is recommended for novice level or higher.

Yin Yoga (easy level) is postures with the aid of bolsters and breath. A static, low energy style in long held positions. Self supervision with emphasis on relaxation and healing. This class is recommended for everyone.

Chair Yoga (easy level) is a special class designed for those that have difficulty doing yoga on the floor. All postures will be with the aid of a chair whether standing and using it for balance or sitting on it. *Chairs are provided; please bring your own blanket.*