

YOGA CLASSES

Everyone welcome, no previous experience with yoga required!



A class for all ages and all levels of experience. Great for strength, flexibility, balance, and breath. Adaptable to those with physical limitations (call for info)

Where: Canyon Wren Wellness Center ("Log Home Building"), 1101 N. Hwy 197, Maupin.

Cost: \$12.00 per class, or \$40.00 monthly unlimited pass. **Introductory special package:** \$15.00 for first 3 classes. (cash, checks, and cards accepted)

Bring: yoga mat (or towel) **Wear:** loose, comfortable clothing or stretchy workout wear .

November Schedule, 2018

SATURDAY, 11/3, 9:00 to 10:10 a.m. (Donna)

TUESDAY 11/6, 9:00-10:10 a.m. (Janell)

FRIDAY, 11/9, 9:00 to 10:10 a.m. (Donna)

TUESDAY, 11/13, 9:00-10:10 a.m. (Donna)

FRIDAY, 11/16, 9:00 to 10:10 a.m. (Donna)

TUESDAY, 11/20, 9:00-10:10 a.m. (Donna)

SATURDAY, 11/24, 9:00 to 10:10 a.m. (with recording)

TUESDAY, 11/27, 9:00-10:10 a.m. (Donna)

Questions or concerns? Call or email Canyon Wren Wellness Center: 503-838-6144, or email canyonwrenwellness@gmail.com.