

CANYON WREN WELLNESS CENTER

YOGA CLASSES

Everyone welcome, no previous experience with yoga required!



Where: American Legion Hall (311 Deschutes Ave), Maupin. Or join class from home **on Zoom** (All classes are live-streamed also); email canyonwrenwellness@gmail.com to request to receive the link.

Cost: \$12.00 per class, or save money on multi-class punchcards (see and purchase at canyonwrenwellness.com/yoga). **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 .

Spring Schedule, 2022

Fridays, 9:00 to 10:10 a.m. "Low and Slow" . For all ages and all levels of experience. Longer holds of, supported stretching. All poses can be done on floor or in a chair.

TUESDAYS, 9:00-10:10 a.m. "Yoga for Every Body" A "flow" sequence of standing and floor poses for strength, balance and flexibility. Also for all ages and levels of experience.

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