

CANYON WREN WELLNESS CENTER

YOGA CLASSES

Everyone welcome, no previous experience with yoga required!



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 .

Summer/Fall Schedule, 2019

Fridays, 9:00 to 10:10 a.m. "Yoga for Every Body" 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)

TUESDAYS, 9:00-10:10 a.m. "Yoga for Every Body" (see above)

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