

During the COVID19 Pandemic, all CANYON WREN WELLNESS CENTER

YOGA CLASSES ARE NOW ONLINE!

As always, Everyone welcome, no previous experience with yoga required!

Rates:

"Introductory Special: First 3 classes for \$15. (available to first-timers to Canyon Wren classes).

3 class card \$36 (\$12 per class),

5 class pass \$55 (\$11 a class)

10 class pass \$90 (\$9 a class).

The single-class drop in rate is **\$14** a class.

What do I need? A yoga mat, and a computer or smartphone with camera, to connect to video meeting.

Winter/Spring Schedule, 2021

Tuesdays, 9:00 to 10:10 a.m. "Flow Yoga for Every Body" Standing and floor poses which "flow" from one to the next. Great for strength, flexibility, balance, and breath.

Thursday, 11:00 a.m. to 12:00 p.m. "Chair Yoga" Open to everyone, and perfect for those with severe limitations in strength, balance and flexibility. Improve all of these from the stability and comfort of a chair!

Fridays, 9:00-10:10 a.m. "Yin Yoga for Every Body" (Slow pace with long holds for deep relaxation and restoration)

To register and receive the link to "Zoom" platform class, Call Donna Henderson: 503-510-3789 or email canyonwrenwellness@gmail.com.