

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](mailto:canyonwrenwellness@gmail.com).