

Yoga with Karen Caughlin Restoring Function



Learn and practice Yoga at your own pace. Classes are personalized to the needs of the student. A relaxed environment enables students to excel.
Available in Private or Semi-private sessions

519-245-6349 or
text: 226-448-6349 or visit
karencoughlinstudio.ca

TRY A
CLASS

Yoga Classes

Yoga for Beginners
Yoga for Back Health
Yoga for Seniors
Yoga for Pelvic Health
Yoga and Meditation
Yoga for Stress
Customized Practice



Pick your Day and Time
Time and Days are
flexible.

Classes offered
Mornings and afternoons
MON to FRI
Evenings:
MON. to THURS.

All classes consist of
four sessions. Each
session is approximately
One hour and 20
minutes long.

**COST: Semi-Private \$88.00
(4 sessions)
Private:\$172.00 (4 sessions)**

Try a
class
\$25.00

About the Instructor:

Karen has been practicing yoga for over fourteen years (Hatha and Kundalini). She has studied and taken courses on the Pelvic Floor (Leslie Howard), Sacroiliac Stability (Donna Farhi), Origins of Misalignment (Doug Keller) The Female Pelvis (Tom Myers) and many more.

She received her yoga certification (320 hours) under the guidance of Dr. Paul Jerard, E-RYT500, of Aura Wellness Center (Attleboro, MA) and achieved the highest honours in her studies and in the practical exam. (Aura Wellness Center surpasses the international standards for yoga teacher training hours, continuing education, and yoga teacher ethics. It is recognized by the American and Canadian Yoga Alliance.)

She is also certified in Yoga Nidra.

Karen continues to study anatomy and is constantly upgrading her skills as a yoga teacher. She is a member of the Canadian Yoga Alliance.

**Strathroy Yoga
with Karen Caughlin, CYA-RYT350
Hatha~Restorative~Yoga Nidra**