

Yoga with Karen Caughlin Restoring Function



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

519-245-6349 or visit
karencoughlinstudio.ca

TRY A
CLASS

Restorative 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:
TUES. to THURS.

All classes consist of
four sessions. Each
session is approximately
One hour and 15 minutes
long

**COST: Semi-Private \$80.00
(4 sessions)
Private:\$155.00 (4 sessions)**

Try a
class
\$23.00

About the Instructor:

Karen has been practicing yoga for over ten years (Kundalini and Hatha).

She has studied and taken courses on the Pelvic Floor (Leslie Howard), Sacroiliac Stability (Donna Farhi), Origins of Misalignment (Doug Keller) 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.)

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 Restorative Yoga
with Karen Caughlin, CYA-RYT300**