

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  
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 \$86.00  
(4 sessions)  
Private:\$170.00 ( 4 sessions)**

Try a  
class  
\$23.00

**About the Instructor:**

Karen has been practicing yoga for over thirteen 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 Restorative Yoga  
with Karen Caughlin, CYA-RYT300**