

Yoga
with Karen Caughlin,
CYT 300



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

519-245-6349 or visit
karencaughlinstudio.ca

Restorative and Hatha Classes

- *Introduction to Yoga
- *Yoga for Back Health and Sciatic Nerve Health
- * Yoga for Pelvic Health
 - * Yoga for Stress
 - * Custom Practice



*All consist of four sessions (or classes).

Each class is approximately one hour and twenty minutes long.

Classes offered:
Mornings, afternoons Mon to Fri
Evenings Tues to Thurs

Pick your Day and Time

Times and days are flexible

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



To Register: 519-245-6349
or visit karencaughlinstudio.ca
(under coming events)

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with Karen Caughlin
CYA-RYT300