



Spring Yoga

With Zoe

March 8th- April 12th

2023

Vijnana Yoga center

Early Spring Session runs March 8th - April 12th

Chair Yoga Wednesdays 1:00-2:15 pm \$120 - 6 weeks

60+ Yoga Wednesdays 3:00-4:45 pm

All Levels Welcome \$150 - 6 weeks

Release the Day Wednesdays 5:30-6:45 pm

Teens and Adults - Beginners Gentle Flow \$120 - 6 weeks

Vijnana Yoga Center - 235 James Way

For Registration and e-transfer email Zoe at: thezoelamb@gmail.com