

# Yoga with Samantha Harris

## At The North Kawartha Community Centre

### 340 McFadden Road K0L 1A0

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## Thursday Evening Yoga

A combination vinyasa and yin yoga, focusing on breath and body

### Schedule (Session One)

Thursday evenings 5:00 pm to 6:00 pm

**First class: March 2**

**Last class: March 23**

### Schedule (Session Two)

Thursday evenings 5:00 pm to 6:00 pm

**First class: April 6**

**Last class: April 27**

### Fees

One class per week for four weeks - \$60.00 for all four weeks, or \$18 per drop-in class.

All levels welcome.

Please bring a mat, water; comfortable, loose clothing suggested.

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## Friday Morning Yoga

Vinyasa Yoga, faster paced movement, paired with ujjayi breathing

### Schedule

Friday mornings 11:30 am to 12:30 pm

**First Class: April 14**

**Last Class: May 05**

### Fees

One class per week for four weeks - \$60.00 for all four weeks, or \$18 per drop-in class.

All levels welcome: this practice is designed to get your heart rate up and move at a faster rate.

Please bring a mat, water; comfortable, loose clothing suggested (blocks, straps optional).

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## Registration for all sessions

Payment accepted: cash, or e-transfer to email below.

Please register in advance to receive discounted price.

Call/text Samantha to register or enquire.

905-259-9775

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