

**Yoga with Samantha Harris
At The North Kawartha Community Centre
340 McFadden Road K0L 1A0**

Thursday Evening Yoga

A modified, slower, yet strengthening flow, leading to opening and restoration, focusing on deep breath and body awareness.

Schedule:

Thursday evenings 5:00 pm to 6:00 pm

First Class: October 19

Last Class: November 09

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.

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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