



## Welcome to Yoga at the Beach!

Beginning Sunday, August 2, at 10:45, I will be offering a **Slow and Strong Hatha Yoga Class** in the **Sundance Beach Community Hall**.

What you need to know:

- All AHS guidelines for safe yoga practice will be followed
- A maximum of 10 participants per class, spaced 2 meters apart
- 200 Hour Certified Yoga Instructor
- 75 minute class - \$12 for 1 class, or \$50 for 5 classes
- Pre-register via text or email, prepay via e-transfer
- **Contact Sandra Neis 780-242-3991 or [thriveabconsulting@gmail.com](mailto:thriveabconsulting@gmail.com)**