

# Yoga

WITH ANDREA



All levels are welcome

Hatha yoga - where we'll focus on breathing work, flexibility, stability, balance and mindfulness

Meet in the REC centre mezzanine  
for a \$8 drop in fee

Please bring own mat and props

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Starting Wednesdays July 13th and 20th  
August 3rd, 10th, 17th, 24th, 31st  
10am - 11:15am