

Restorative and Hatha Yoga

with Robin Faye

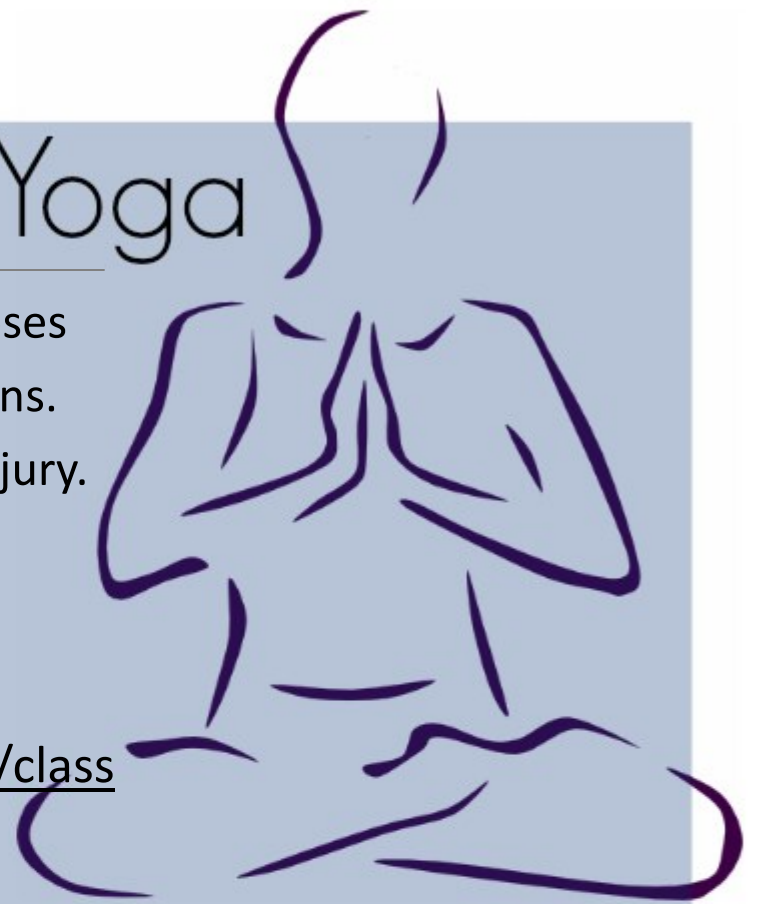
Restorative Yoga

De-stress and renew with deeply relaxing restorative yoga poses fully supported by props and enriched with guided meditations. This class is ideal for people recovering from illness and/or injury.

Thursdays from 1:30-3:00

Drop in Fee: \$12/student/class,
\$8/Hospice Northwest volunteer/class

8 week paid in advance: \$80/student
\$50/ Hospice Northwest volunteer



Hatha/Restorative Yoga

This beginners yoga class offers a combination of deeply relaxing restorative postures as well as a focus on learning active postures meant to build strength and agility, develop body awareness, and encourage relaxation.

Thursdays from 5:10-6:10

Drop in Fee: \$10/student/class or \$6/Hospice Northwest volunteer/class

8 week paid in advance: \$70/student or \$40/ Hospice Northwest volunteer

Classes run from January 9th—February 27th

All classes are held in the Hospice Northwest offices, on the first floor in St. Joseph's Heritage at 63 Carrie St.

Due to small class sizes, pre registration is required.

Please contact instructor Robin with further questions or to register, at 632-6591