

WELLNESS

Kids Yoga (6Y - 12Y)

Yoga is an excellent way for kids to deal with the pressures of today's world. Yoga develops coordination, flexibility, strength, and helps to focus the mind. Through breathing exercises, poses, and activities, children gain confidence while expressing creativity.

(6Y-8Y)

Tu	May 4- Jun 22	04:15 PM-05:00 PM	\$87/8	[18013]
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(9Y-12Y)

Tu	May 4- Jun 22	05:00 PM-06:00 PM	\$87/8	[18014]
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Therapeutic Yoga for Cancer Survivors



**Alberta Health
Services**

This gentle, seven week yoga program is based on hatha yoga, but has been modified for people who are particularly stiff, immobile, injured, ill and/or under extreme stress. No previous yoga experience is required. The classes are kept small to ensure individual attention and safety. Equipment is provided. All instructors are certified and have received cancer-specific training. Classes are 75 minutes long and meet once weekly on Thursdays (4:30 PM-05:45 PM) at Cardel Place. Programs are held five times per year and are open to all cancer survivors and their support person(s).

To register, please call Campus Recreation, University of Calgary at 403-220-7749.

Energize

Family Yoga (4Y+)

Does your family need to take a deep breath? Relax and unwind with your child through imaginative and fun flowing yoga poses. Develop strength, flexibility, coordination and body awareness while taking time out together. Price is per person.

Th	May 6- Jun 24	05:00 PM-06:00 PM	\$78/8	[18128]
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(Ashtanga) Power Yoga Beginner (16Y+)

Power Yoga is a flow style practice based on the Ashtanga Yoga system. Following instructor cues, move from pose to pose and learn what your yoga postures should feel like. This balanced practice is great for building strength and flexibility for the entire body.

Tu	May 4- Jun 22	07:10 PM-08:10 PM	\$97/8	[18114]
Th	May 6- Jun 24	07:15 PM-08:15 PM	\$97/8	[18116]
Tu	Jul 6- Aug 24	07:10 PM-08:10 PM	\$97/8	[18118]

(Ashtanga) Power Yoga Intermediate (16Y+)

Vigorous and athletic, Power Yoga based on the Ashtanga yoga system is also challenging and strengthening. Our 75-minute classes help you advance your yoga postures, poses and flow.

Tu	May 4- Jun 22	08:15 PM-09:30 PM	\$114/8	[18122]
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Hatha Yoga Beginner (16Y+)

Soothe your mind, body and soul with this introduction to Hatha Yoga. You'll learn basic posture, movement and poses, proper breathing and relaxation techniques. A calming way to lengthen and tone muscles and improve overall health.

Su	May 2- Jun 27	11:00 AM-12:00 PM	\$96/8	[18023]
M	May 3- Jun 28	08:00 PM-09:00 PM	\$96/8	[18022]
Su	Jul 5- Aug 23	08:00 PM-09:00 PM	\$84/7	[18036]

New!

Men's Yoga (18Y+)

This class is designed just for "the guys". Instructor Rob Anger leads you through Ch'an Yoga poses: blending passive and dynamic movements. Learn to balance strength with flexibility, prevent sports injuries, and reduce stress. Suitable for all skill levels.

Th	May 6- Jun 24	08:20 PM-09:20 PM	\$96/8	[18149]
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New!

Tai Chi (4Y+)

Reduce stress and invigorate your spirit through this graceful art form. Learn postures and breathing techniques that enhance strength and flexibility, improve circulation, and promote an overall sense of well being. Instructor: Master Mo Fan, National and International Tai Chi Champion, first level coach certificate.

M	May 3- Jun 28	08:00 AM-09:00 AM	\$80/8	[18028]
M	Jul 5- Aug 16	08:00 AM-09:00 AM	\$60/6	[18031]