

Wellbeing

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	Jan 12-Mar 2	04:15 PM-05:00 PM	\$87/8	[17057]
Tu	Mar 9-Apr 27	04:15 PM-05:00 PM	\$87/8	[17059]

(9Y-12Y)

Tu	Jan 12-Mar 2	05:00 PM-06:00 PM	\$87/8	[17058]
Tu	Mar 9-Apr 27	05:00 PM-06:00 PM	\$87/8	[17060]

Check out "Girls Teen Yoga" on page 5.

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	Jan 14-Mar 4	05:00 PM-06:00 PM	\$78/8	[17122]
Th	Mar 11-Apr 29	05:00 PM-06:00 PM	\$78/8	[17123]

(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	Jan 12-Mar 2	07:10 PM-08:10 PM	\$97/8	[17032]
Th	Jan 14-Mar 4	07:15 PM-08:15 PM	\$97/8	[17034]
Tu	Mar 9-Apr 27	07:10 PM-08:10 PM	\$97/8	[17033]
Th	Mar 11-Apr 29	07:15 PM-08:15 PM	\$97/8	[17035]

(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	Jan 12-Mar 2	08:15 PM-09:30 PM	\$114/8	[17116]
Tu	Mar 9-Apr 27	08:15 PM-09:30 PM	\$114/8	[17117]



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	Jan 10-Feb 28	11:00 AM-12:00 PM	\$96/8	[17025]
M	Jan 11-Mar 1	08:00 PM-09:00 PM	\$84/7	[17024]
Su	Mar 7-Apr 25	11:00 AM-12:00 PM	\$84/7	[17026]
M	Mar 8-Apr 26	08:00 PM-09:00 PM	\$96/8	[17027]

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 Jan 7 - Feb 25. 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.