

*JK Bryant a certified instructor through the Alberta Yoga Association with over 25 years of experience presents:*

## **Health & Spirituality through Yoga**



**LOCATION:** *Calgary First Spiritualist Church*  
**DATES:** *January 8, 2012 – May or June 1012*  
**TIME:** *Sunday Afternoons 4:45 – 6:15 p.m.*  
**COST:** *\$15 per class, with a sliding scale to allow all to enjoy*

***Bring a friend and get a reduced rate.***

Yoga is restorative for the Body, Mind and Spirit. You will experience how the specific poses open the energy gates; you will relax, de-stress and deepen your ability to meditate. No experience is necessary as all levels will be accommodated. All you need is loose clothing in layers (track suit, shorts or tights) and your yoga mat, blanket, yoga blocks and strap if you have them.

Everyone is welcome and will benefit! End your weekend with a grateful Body-Mind-Spirit!

If you are interested please contact the church at 403-283-1102.

For details go to [www.meetup.com/yoga-614](http://www.meetup.com/yoga-614)