

*Karma Spirit Yoga ॐ Winter -Spring Session 🌙 In-person only*  
*Thursdays*

**Yoga Teacher:** Rev. Rowen Waters (RTY 200 with Yoga Alliance)

**10 Thursday evenings from January 30 – March 27.** \*The first class and last classes will be Yoga Nidra (Yoga Sleep) meditation. Please bring your mat, pillow and blanket for this beautiful spiritual “yoga sleep” meditation practice. 😊

**Class time:** 5:30 pm – 6:30 pm and runs for one hour in the Trance Room.

**Offering:** \$5.00 for drop-in to be paid by e-transfer to each class or \$40 for all 10 classes.

**The intention (sankalpa) of Karma Spirit Yoga ॐ🌙:** Rev. Rowen (Associate Spiritualist Minister of CFSC) will provide a blend of self-healing and meditative Gentle Yoga, Yin Yoga, Yoga Nidra and Restorative Yoga utilizing Spiritualist philosophy, mindfulness and energy healing techniques throughout. All poses will be well grounded and supported on your mat with props if needed.

**Recommended Yoga Supplies:** Students must use their own yoga mats, and props (blankets, bricks and bolsters) if they have them. Please note investing in your own yoga bolster for this class is strongly recommended.

**Etransfer payments to:** [info@calgaryfirstspiritualistchurch.ca](mailto:info@calgaryfirstspiritualistchurch.ca)

