

Yoga at RIM Park

With Katie Black



Beginner Yoga Class- Led by Katie Black is designed for those completely new to yoga or who would like a review of the fundamentals of body alignment, breathing techniques and relaxation, all in a safe and supported atmosphere.

Monday Morning

9:30am - 10:45am

Wednesday Morning

9:30am - 10:45am

Wednesday Evening

8:00pm - 9:15pm

FALL SESSION: **Nov 2nd - Nov 25th**

WINTER: **Dec 14th - Dec 30th**

NEW YEAR: **Jan 4th - Jan 20th**

SPRING: **Feb 8th - April 28th**

FEE: \$60 FOR FOUR (4) WEEKS OR

What to expect from Yoga?

- Calm restless thoughts
- De-stress and Refresh
- Detoxify
- Breathing exercises
- Increased Flexibility
- Mental clarity and confidence
- Improved Digestion
- Invite Deep Peace
- Relaxation
- Endurance and Stamina
- Greater Discipline
- Strength
- Encourages Self-Acceptance

More Joy and freedom in your daily life!



ABOUT KATIE

Katie is a Registered Yoga Teacher (RYT) through Kripalu Yoga. She also holds a certificate in Kripalu Yoga Dance, Thai Yoga Bodywork, and Reconnective Healing. She has an ongoing Anusara yoga practice and has taken several workshops and Immersions with Anusara Yoga. She has also recently taken a module for a Shiva Rea: Embodying the Flow Teacher training and one module of four for the 500hr Kripalu Yoga Teacher Training. She will be assisting a 200hr Yoga Teacher Training at Kripalu in late November. She loves and appreciates the wonderful experience of Yoga and has a passion to bring Yoga to the community.

**CALL OR EMAIL KATIE FOR DETAILS AND
REGISTRATION AT [KBLACK2@HOTMAIL.COM](mailto:kblack2@hotmail.com)
CALL 519 866 3479**