

**Langara.**

THE COLLEGE OF HIGHER LEARNING.

# Holistic Yoga Classes

Experience the harmony of health, balance, & alignment.

**YOUR FIRST CLASS IS FREE**

**Drop-in Fee: \$10/class**

**10 class pass: \$80**

**Hatha:** Discover flexibility & strength

**Hatha Flow:** Explore dynamic movement

**Gentle:** Enjoy a calm & therapeutic practice



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**Unit M11- 601 West Broadway, Vancouver**

**One Block West of Broadway & Cambie Skytrain Station**

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**Learn more**

**[www.langara.bc.ca/yoga](http://www.langara.bc.ca/yoga)**

# Holistic Yoga Classes

Langara Continuing Studies: Unit M11- 601 West Broadway, Vancouver

Our all levels classes include postures, breath work, mindfulness and relaxation.

Classes are taught by certified yoga teachers.

MAY-AUG 2012	Tuesday	Wednesday	Thursday
12:00 - 1:00pm	HATHA FLOW	GENTLE	HATHA FLOW
5:30 - 6:45pm	HATHA	HATHA FLOW	HATHA

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Join us at Langara College's Yoga Studio for excellence in teachers and training

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[Learn more](#)

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*\*Classes subject to change. Please check the website for changes to this schedule\**

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