

EveryBODY Yoga

at Planet Botanix

301 Bank Street near Somerset

613-567-4444

everybodyyoga@rogers.com

BENEFITS of YOGA

- Flexibility
- Strength
- Muscle Tone
- Pain Prevention
- Better Breathing
- Mental Performance
- Stress Reduction
- Vitality
- Self-Awareness
- Calmness and Peace

YOGA ON DEMAND

Select your own timeslot if you have 4 or more participants. Call for more details.

FEATURING YOGA FLOW

Yoga Flow borrows from many styles of yoga to create a sequence of postures that strengthen our bodies, increase flexibility and focus our minds. Flow means to move with ease and grace. From gentle to vigorous, Yoga Flow allows EveryBODY to practice according to their level and intensity.

This approach helps one soften rigidity in the body and mind, cultivating openness and creativity, both in our yoga practice and our daily lives.

MONDAY	7-8am	Morning Flow
	12-1pm	Yoga Flow
	5-6 pm	Hatha Flow
WEDNESDAY	7-8am	Morning Flow
	12-1pm	Yoga Flow
	6:30-7:30pm	Hatha Flow
FRIDAY	7-8am	Morning Flow
	12-1pm	Yoga Flow
SATURDAY	9-10am	Hatha Flow