

# Yoga FOR Wellness



## OCTOBER 2017

PLEASE DRESS COMFORTABLY. MATS WILL BE PROVIDED.

SUN	MON	TUE	WED	THU	FRI	SAT		
1	2	3	3pm Mindfulness Moose Yoga @ Ministik	4	5	6		
8	9	10	11	12	13	14 10:30am Chair Yoga @ JRDC		
15	6:30pm Family Yoga @ EPR	16	17	3pm Mindfulness Moose Yoga @ Ministik	18	19	20	21 10:30am Prenatal Yoga @ JRDC Loft
22	7:30pm Open Yoga @ EPR	23	24	3pm Mindfulness Moose Yoga @ Ministik	25	26	27	28 3:30pm Girls Yoga @ DDECS Gym
29	30	31						

No registration required. You will be asked to sign a Consent Form at each class you attend.

**Girls Yoga:** Open to DDECS girls (Grades 9-12)

**Mindfulness Moose Yoga:** Open to Ministik students (Grades 1-8)

**Open Yoga:** 14+ are able to attend this beginner style Hatha yoga class

**Chair Yoga:** Designed for those who prefer a more gentle practice off the floor

**Family Yoga:** Children must be 2+ and accompanied by an adult to participate

**Prenatal Yoga:** designed for expecting Mom's

(must have PAR-Med X form signed by doctor prior to participating)

Brittany Biedermann  
Community Wellness Clinician I  
705-658-4619 ext. 259

Deva Little Mustache  
Child & Youth Wellness Clinician  
705-658-4535