

WINTER YOGA SERIES

Mon, January 2 to Sun, February 26

Mary St Onge will lead this series that will explore the Koshas through asana and meditation. Knowledge of the Koshas, the 5 layers of your body, helps you navigate an inner journey - starting from the periphery of your body and moving towards the core of yourself; the embodied soul. The Koshas are both a practical and profound contemplative tool that can help you deepen your yoga practice and the quality of participation in life.

Yoga Class Schedule

Sunday

Mixed Level 10am

Gentle Yoga

11:30am

Recovery 1:00pm

Monday

Yin Yoga 8:30am

Yin Yoga 5:45pm

Wednesday

Mixed Level

8:30am

Mixed Level

5:45pm

Friday

Mixed Level

8:30am

