



Yin yoga class for kids

Youth Ages 9–14 years of age. Come on out for Yin yoga class on Thursday July 18th and Tuesday July 23rd from 10:00–11:00 am at the youth centre. Space is limited to 5 participants.

What is yin yoga? Yin yoga is a gentle form of yoga that focuses on stillness. Typically, in yin yoga each pose is held for 3–5 minutes and we focus on breathing and mindfulness. In a busy, hectic world, yin yoga can be a great way to slow down and de-stress.

If you know of any kids who would be interested in taking this class please call Carrie at 519–797–5000 to sign up. You may register for 1 or both classes.

Depending on interest from the community there may be a yin yoga class offered to adults as well.

