



Quinte West Gentle Hatha

Yoga for good health

Wednesdays 12 noon—1 pm SHARP
(Latecomers may not be admitted)

April 26 to May 31, 2023



WHAT: Chair or Mat based adult yoga - you choose.

Beginners welcome.

Enjoy a tranquil time as we focus on mindful movement, stretching (asanas) and breathing (pranayama).

Take time for your own quiet reflection (savassana).

WHERE: 69 Catherine St., Trenton (**NEW LOCATION!**)
at Belleville and Quinte West Community Health Centre

Bring a blanket for comfort. Yoga mat supplied.

FREE & Open to Everyone in the Community! Space is limited.

Facilitated by a certified Yoga Alliance teacher/member, a BQWCHC Volunteer

**For more information or to Register, please call 613-965-0698
and press 0 for Reception.**

Please Note: This program is being offered with appropriate safety precautions due to COVID-19. Group programs may be cancelled with short notice due to COVID-19.



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