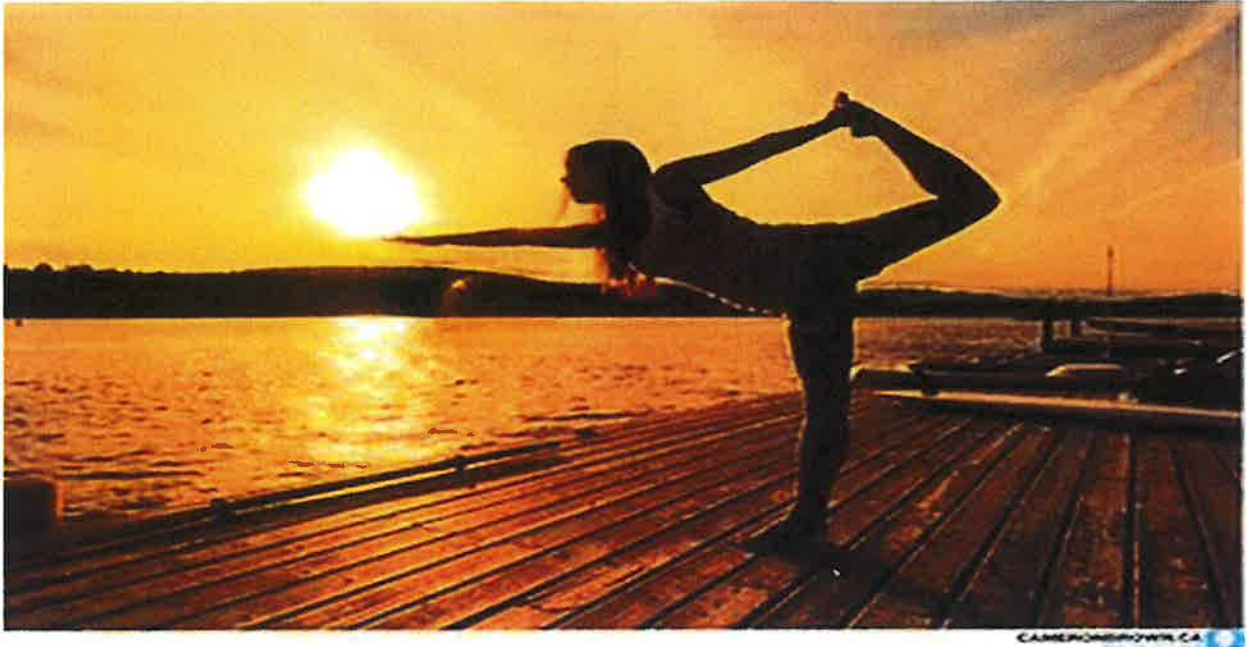


OUTDOOR YOGA JUNE JULY AUGUST



MAT YOGA on the pier at the Hilton Beach Marina

When: **Tuesday** and **Saturday** morning at **9:00am**

Cost: \$10 for a 1 hour class. Bring a mat and join us!

Also happening:

CHAIR YOGA near the outdoor rink in Hilton Beach

When: **Tuesday** and **Saturday** morning at **10:30am**

Cost: by donation for 30 minute class.

Bring a folding chair (preferably with no arms)

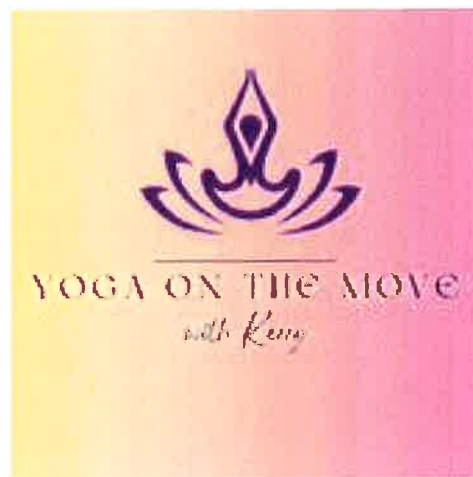
OR join us in **Richards Landing** at **Cenotaph Park**

Thursdays 6:30 pm

For more information about all yoga classes, contact

Facebook: [yogaonthemovewithkerry](#)

Email: yogaonthemovewithkerry@gmail.com



LET YOGA COME TO YOU

Ideal for **private** or **semi private** sessions.

Great for **bridal parties**, **book club**, **card club**, **golf group**, **neighbours**, **teams**, **friends and relatives**.

Stay home and enjoy yoga on your deck, or lawn, the dock, or beach, the gazebo, indoors or outdoors.

You pick the time and place. Treat someone or yourself/share the cost with others.

\$100/hour

Reserve your date and time.

For more information:

Email: yogaonthemovewithkerry@gmail.com