



UUYoga.ca

UUYoga is located in the Town of Winnipeg Beach at the corner of Stitt and Robinson.

Take a step to positive change!



Winter schedule Nov 1, 2018 – March 31, 2019

Schedule is subject to change. Please see website for any changes. Like us on Facebook for latest UUYoga news.

Weekly classes:

Tues 6:00 pm Restorative Yoga (All abilities) – Leanne

Thurs 9:30 am Gentle Yoga, chairs optional (All abilities) – Leanne

Sat 9:00 am Flow (All abilities) – Leanne, 75 mins
10:30 am Slow Flow (All abilities) – Ron, 90 mins

Solstice class: Thurs, Dec 20, 6:30 pm – Winter solstice Karma class and reception

Holiday dates: No classes Dec 23, 2018 – Jan 2, 2019

We respect your time and our instructors time so we do require at least one online reservation per class. Please register at least 2 hours in advance so that our instructors will be there for you. No internet? Call Leanne at (204) 641-3920.