



**UUYoga.ca**

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



## Take a step to positive change!

**Spring schedule** April 1, 2019 – May 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 Yoga & Philosophy (All abilities) – Leanne

**Thurs** 9:30 am Yoga for Everybody (All abilities) – Leanne

**Sat** 9:00 am Flow (All abilities) – Leanne, 75 mins

10:30 am Slow Flow (All abilities) – Ron, 90 mins

### Meditation class:

Sun, April 21 at 10:30 am – Meditation with Darlene Tataryn

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.