



UUYoga.ca

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

Take a step to positive change!

Summer schedule June 1, 2019 – Sept 2, 2019



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

Weekly classes:

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| 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 |
| Sun | 9:30 am | Restorative and Meditation (All abilities) – Leanne, 75 mins (no class June 2 and 16) |

Sun, June 16 at 10:30 am – Meditation with Darlene Tataryn

Sat, June 22 at 6:30 pm – House concert with Sheena Grobb.

See us at uuyoga for details.

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.