



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, 2020 – May 31, 2020

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 | 6:30 pm | Restorative and Meditation – 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 classes:

Sun, April 26 & May 24, 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.