



Beginner Yoga Series

Course Overview

This class is for anyone that has never taken a yoga class before and anyone that is wanting to maybe check in with a teacher about their home practice. This class will focus on the key elements of yoga poses.

Fees

\$70.00 for all 5 classes.
or \$15 per single session.

Additional Information

Limited equipment is available. Pre-registration is required.

Ready to Register?

[Request for Registration Online Form](#); or Phone 250 567 3200

FOR MORE INFORMATION:

P 250 567 3200

Enechako@cnc.bc.ca

cnc.bc.ca/vanderhoof

Thursdays 4:00-5:30pm

- 1 November 7, 2019
- 2 November 14, 2019
- 3 November 21, 2019
- 4 November 28, 2019
- 5 December 5, 2019

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