



Wake Up Yoga Series

Course Overview

This class will be a mixture of movements and flow. The focus will be on waking up the body and creating some energy to boost your Saturday. Having a basic knowledge of yoga is an asset but not necessary for this class.

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

E nechako@cnc.bc.ca

cnc.bc.ca/vanderhoof

Saturdays 8:00am-9:30am

- 1 November 2, 2019
- 2 November 9, 2019
- 3 November 16, 2019
- 4 November 23, 2019
- 5 November 30, 2019

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