

# Smiling Heart Yoga

Winter session 2011



## INTERMEDIATE YOGA

An intermediate class for those wishing to deepen their practice and refine yogic breathing. Moderately paced to build strength, stamina, flexibility and steadiness of body and of mind. Includes pranayama, yoga nidra and meditation. Previous yoga experience suggested. Please bring a yoga mat and blanket.

12 Class Session:

Mondays, 4:45 – 6:15 p.m.

January 9, 2012 – April 9, 2012

Rec Center Fitness Room

## VINYASA FLOW YOGA

Vinyasa Flow is the practice of postures synchronized with the breath. Fluid sequences will build heat, endurance, flexibility, strength and develop internal awareness. Class will end with Yoga Nidra. You will leave feeling light, tranquil, and rejuvenated. Open to all levels including active beginners. Please bring a yoga mat and blanket.

10 Class Session:

Wednesdays, 4:45 – 6:00 pm

January 11, 2012 to March 28, 2012

Rec Center Fitness Room

**Register at Rec Center in person Or by phone 428-7127 Or online from their website.**

**For more information about the class please contact:**

**Gail Thompson** at 866-5474 or [smilingheartyyoga@wynndel.ca](mailto:smilingheartyyoga@wynndel.ca)  
(SOYA, eRYT, IYTA)



(Certified yoga teacher with South Okanagan Yoga Academy, Yoga Alliance 500 hr & e-200 levels, and International Yoga Teachers Association)