



**RADY FAMILY
CENTRE PRESENTS**

Yoga classes

Discovering peace
and balance

**Biweekly on Tuesdays from
12-1pm September to June
280 Brodie**



Join our Yoga Class, a welcoming and inclusive space for all!
Whether you're a beginner or looking to deepen your practice, our
class is the perfect fit.

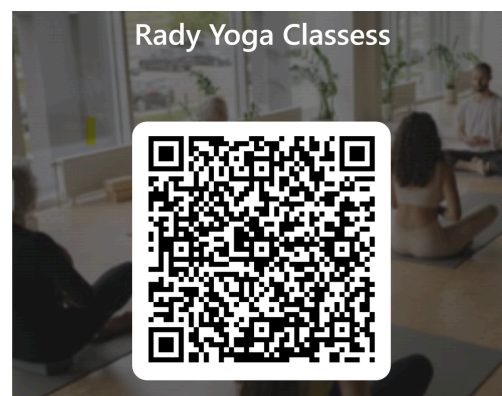
What to bring: Just yourself, comfortable clothes, water, and a yoga
mat!

Come breathe, stretch, and unwind with us!

Discover the benefits:

- Gentle and accessible for all levels & ages, including beginners
- Boost flexibility and strength
- Find calm and clarity of mind
- Improve posture and balance
- Melt away stress and tension

Registration is required, please scan
the QR code to register.



UM | Rady Faculty of
Health Sciences