



# Hatha Yoga

DSRF will be offering a 10-week **Hatha Yoga** program taught by a certified yoga instructor. The goal is to create a safe and supportive environment for adults to practice and study yoga, to encourage life-long learning, foster self-understanding, and promote a happy and healthy lifestyle.

This hatha based multi-level program of yoga technique is delivered in a gentle and therapeutic style. Each class follows the same outline with routines tailored to the individual's level of development. Students will participate in five essential yoga practices: music and sound therapy, breathing practices, eye exercises, asanas (yoga poses), and deep relaxation.

These practices are designed to strengthen and stretch the entire muscular skeletal system, balance the nervous system, increase breathing efficiency, improve body awareness, improve communication skills, increase each student's ability to self-regulate, and of course provide a relaxing and engaging experience!

Dates (2022)	Schedule	Location	Ages	Class Size	Fee
Jan 7 - Mar 11	Fridays 12:30-1:30 pm OR 1:45-2:45 pm	Burnaby	16+	8	\$120 (10 sessions)

## Registration

Register online at [DSRF.org/GroupPrograms](https://www.dsrfg.org/GroupPrograms).

*Space is limited; register early!*

