

# Yoga Classes with Rosie

In the P'eg'p'ig'lha ( frog clan ) community centre

( The new band office up the hill on T Bird Beside the community gardens. )

**Sponsored by T'it'q'et Health**

**FREE for all T'it'q'et Band Members & immediate family.**

**\$10 drop in for guests of T'it'q'et Health.**

November 2018

Date	Monday	Wednesday
November 12th & 14th	7:00-8:15 PM	6:00-7:15 PM
November 19th & 21st	7:00-8:15 PM	6:00-7:15 PM
November 26th & 28th	7:00-8:15 PM	6:00-7:15 PM

**Yoga Mats, Yoga Bolsters, Yoga blocks, blankets and eye pillows are provided in the P'eg'p'ig'lha (frog clan) community centre.**

Sweatpants, sweaters, Personal yoga props (if you have them, if not it's no big deal) and water will be nice to bring for yourself if you choose to do so.

Class focus/intention:

Stability focused attention to hamstrings, hips, core and shoulders. Rosie is open to yoga pose requests and yoga pose modifications. Please feel welcome to email Rosie with any questions, concerns, pose requests or music requests.

Email: [1bloomingrose yoga@gmail.com](mailto:1bloomingrose yoga@gmail.com)

Facebook: Blooming Rose Yoga

Instagram: @blooming\_rose\_yoga