



Gentle Yoga



**With Certified Yoga Instructor
Angela Alchesi**

Benefits of yoga include improved circulation, concentration, strength, flexibility and an increased sense of well-being!

Dates & Time

Thursdays

9:30 – 10:30 a.m.

- 1st Class – September 12, 2019
- 2nd Class – September 19, 2019
- 3rd Class – September 26, 2019
- 4th Class – October 3, 2019
- 5th Class – October 10, 2019
- 6th Class – October 17, 2019
- 7th Class – October 24, 2019
- 8th Class – October 31, 2019
- 9th Class – November 7, 2019
- 10th Class – November 14, 2019
- 11th Class – November 21, 2019
- 12th Class – November 28, 2019
- 13th Class – December 5, 2019
- 14th Class – December 12, 2019
- 15th Class – December 19, 2019

**Drop into any class
for \$5/class**



**Please note:
Parking is
unavailable at St.
Augustine's. Please
use public parking.**

Location: Church of St. Augustine of Canterbury – Upstairs
1847 Bayview Ave. (*Broadway, north of Eglinton*)

To sign-up or for more information, please contact April Powell,
Supervisor, Community Wellness, at 416-481-6411 ext. 287



Gentle Yoga



With Certified Yoga Instructor
Angela Alchesi

Benefits of yoga include improved circulation, concentration, strength, flexibility and an increased sense of well-being!

Dates & Time

Thursdays

9:30 – 10:30 a.m.

- 1st Class – September 12, 2019
- 2nd Class – September 19, 2019
- 3rd Class – September 26, 2019
- 4th Class – October 3, 2019
- 5th Class – October 10, 2019
- 6th Class – October 17, 2019
- 7th Class – October 24, 2019
- 8th Class – October 31, 2019
- 9th Class – November 7, 2019
- 10th Class – November 14, 2019
- 11th Class – November 21, 2019
- 12th Class – November 28, 2019
- 13th Class – December 5, 2019
- 14th Class – December 12, 2019
- 15th Class – December 19, 2019

**Drop into any class
for \$5/class**



Please note:
Parking is
unavailable at St.
Augustine's. Please
use public parking.

Location: Church of St. Augustine of Canterbury – Upstairs
1847 Bayview Ave. (*Broadway, north of Eglinton*)

To sign-up or for more information, please contact April Powell,
Supervisor, Community Wellness, at 416-481-6411 ext. 287