



**WINNIPEG
GYMNASTICS
CENTRE**

**102-171 SAMBORSKI
DRIVE**

**WINNIPEG, MB
R4G 0B3**

**Classes Begin
Friday, October 13th,
2017**

**Fridays
6:15-7:15pm**

**\$10/drop-in or
\$85/10 classes**

GENTLE YOGA

TAUGHT BY: LEANNE HUMPHREYS

Enjoy a calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis will be placed on building awareness of the breath and the body while practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience.

LeAnne has been a certified yoga instructor since 2012 and provides hands-on direction to make sure students are performing movements properly and applying the breathing techniques. She has conducted group, individual, private and office lessons and provides modifications based on physical limitations.

If you have any questions or would like further information on these classes, you can call us at **204-475-9872** or email us at **info@winnipeggymnasticscentre.com**.

**OFF MCGILLIVARY
LEFT ONTO BRADY RD.
RIGHT ONTO VITRAN
DR.
LEFT ONTO
SAMBORSKI DR.**

