



Beyond Yoga & Tai Chi with Louise

Beyond Yoga & Tai Chi is a yoga program which is a unique blend of Yoga, Tai Chi, Qi Gong, Pilates, Ballet and Kick-boxing. The focus of the program is on strength-training and getting stronger, both physically as well as emotionally and mentally. We will help you feel better physically and to provide you with the tools to better maintain your anxiety and stress levels. All levels of yoga are welcome!!

Yoga & Tai Chi Schedule:

- Monday** evenings from 6-7 at the Horning's Mills Hall
- Wednesday** mornings from 10-11 at Zenharma Universe
- Wednesday** evenings from 7-8 at Zenharma Universe
- Thursday** mornings 10-11 at Zenharma Universe
- Sunday** mornings from 10-11 at Zenharma Universe

Zenharma Universe is located at 116 Main Street East, Shelburne
Beside Jelly Craft Bakery and Café

Please bring water and a mat. Fee is \$15.00.
For more details call Louise at 519 925-2389
or email Louise at phillips4@everus.ca