

Restarting Monday January 24, 2022

Yoga with Kathryn

\$8/class

Monday & Wednesday

5:30-6:45pm

Ashtanga yoga with a focus on strength, balance, and flow.



All participants must pre-register at least 1 hour in advance of class.

*** Proof of vaccination is required.**

Please bring your own mat & props to class.

All participants must have a reserved spot and sign in at the office first.



Lillooet & District REC Centre 930 Main Street 250-256-7527 www.lillooet.ca