

CEDAR ROCK'S YOGA EXERCISE PROGRAMS

The benefits of Yoga have been recognized for centuries by its practitioners and followers, and with a recent study completed in 2010 (see attached OHSU Abstract), Yoga is another truly effective exercise for Fibromyalgia that will be made available to both Cedar Rock residents and visitors alike.

Adult Beginner Level Classes will be conducted Monday and Wednesday evenings from 5:30pm to 6:30pm

Fee Options:

1. \$30.00 (Drop-In)
2. \$300.00 for every 4 months. 10% discount applied if taking two or more Tai Chi classes

Adult Intermediate Level Classes will be conducted Tuesday and Thursday evenings from 5:30pm to 6:30pm

Fee Options:

1. \$30.00 (Drop-In)
2. \$300.00 for every 4 months 10% discount applied if taking two or more Tai Chi classes

Adult Advanced Classes will be conducted Tuesday and Thursday evenings from 8:30pm to 9:30pm

Fee Options:

1. \$30.00 (Drop-In)
2. \$300.00 for every 4 months 10% discount applied if taking two or more Tai Chi classes

Registration is required and will close 30 days after scheduled start date. A minimum of 10 people is required for each class.

For more information, contact the Health Services Centre.

