

Yoga Fits In



30-Hour Hatha Yoga Training with Gerda Krebs

*For yoga teachers and serious
yoga students*

10 Classes
12:30- 3:30 pm
Tuition: \$495

Sept. 10	Feb. 11
Oct. 8	March 18
Nov. 12	April 15
Dec. 10	May 13
Jan. 13	June 3



Advance in your yoga practice and reach your potential in your poses with the guidance, support and wisdom of this masterful teacher.

This intensive program examines the basic yoga asanas, forward and backward bends, twists and yoga for back and neck problems.

Included in the training are The 14 Yoga Basics (Jan. 13) and Advancing with Yoga (April 14) yoga clinics.

Certificates of completion will be awarded to successful students.

Register today • 780-416-4211 • yogafortoday.ca

