



- • • Iyengar Yoga
- Complimentary Yoga Class !
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You are invited as our guest, to a complimentary 75 minute Iyengar Yoga class with Certified Iyengar Yoga instructor Dhana Musil.(www.dhana.ca)

This sample class will introduce the basics of Iyengar Yoga and provide you with a glimpse of Iyengar Yoga's healing and transformational qualities.

Under Dhana's trained eye, you will experience some basic poses with a focus on precision, safety, improved flexibility and posture and relaxation. If this class appeals to you, we begin our 8 week term based training on Wednesdays September 19 – November 21 (12 weeks).

Based on demand we may add another class on Saturday mornings.

Day : Saturday September 8 2012

Time : 10.30 – 12.

Equipment : yoga mat and water bottle .

Registration : Please call Trimetrics Clinic 604 982 0366 as class size limited to 8 participants only.

