



LOON LAKE YOGA

Led by Mirka & Sue

Come join us for yoga practice! LLCRAS is pleased to offer yoga and movement to promote the physical, mental, and spiritual well-being of our community members. Our classes offer modifications for every pose, so you can practice at your own pace and comfort level.

If you would like to join us and receive notification of upcoming classes, please email us at

loonlakecommunity@gmail.com

**LOON LAKE COMMUNITY HALL
1705 Loon Lake Road**

www.loonlakecommunity.ca

Dates & Times to be announced via Facebook & Messenger

**BALANCE TRAINING,
FLEXIBILITY &
STRENGTHENING**

**WELCOMING ALL
LEVELS & ABILITIES**

MEMBERS \$5.00

**NON-MEMBERS
\$7.00**

**PRACTICE AT YOUR
OWN PACE &
COMFORT LEVEL**

