

NORTH  
GLENGARRY  
NORD

Ontario's Celtic Heartland  
Le centre céltique de l'Ontario

REGISTER HERE  
OR AT THE TIM HORTON'S DOME



# YOGA FOR *Everyone*

**\$40.00**  
INCLUDES HST &  
ACCESS TO 8  
CLASSES

A WELCOMING YOGA CLASS DESIGNED FOR EVERY BODY AND ABILITY. GENTLE MOVEMENTS, BREATHING, AND MINDFULNESS ARE ADAPTED TO MEET INDIVIDUAL NEEDS, MAKING THIS PRACTICE ACCESSIBLE, SUPPORTIVE, AND EMPOWERING FOR ALL PARTICIPANTS.

**FRIDAY'S | 10:00-11:00AM OR 1:30-2:30PM**

SANDFIELD CENTRE (ISLAND PARK) 102 DERBY ST. WEST, ALEXANDRIA, ON

**JANUARY 16-MARCH 13, 2026**



(613) 525-0614



CSADMIN@NORTHGLENGARRY.CA



# YOGA FOR

## *Everyone*

### CLASS SCHEDULE - WINTER 2026:

FRI JAN 16, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI JAN 23, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI FEB 6, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI FEB 13, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI FEB 20, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI FEB 27, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI MAR 6, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM  
FRI MAR 13, 2026 - 10:00AM - 11:00AM OR 01:30PM - 02:30PM

PARTICIPANTS MAY SELECT ONE OF THE TWO CLASSES TO ATTEND EVERY FRIDAY  
(PARTICIPANTS ARE NOT PERMITTED TO ATTEND BOTH IN A SINGLE DAY)

CLASSES PROVIDED BY:

*Christina & Francianna Collard*

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