

NORTH
GLENGARRY
NORD

Ontario's Celtic Heartland
Le centre celtique 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 & Francinna Collard

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