

Come to Scotia Pool and try out our new fitness class:



WATER YOGA

Come explore a new environment for yoga - one that assists, resists, and supports your own movements. This is the wondrous world of water. Because of the unique properties of water, people of all fitness levels can safely enjoy water yoga. Participants with conditions such as arthritis, MS, and others can enjoy the benefits of yoga without the pain or strain of movement. The buoyancy and hydrostatic pressure of the water support the body in all directions making most standing yoga poses easier. Over time practicing these poses in the water will lead to greater strength and stability.

Start date : Wednesday, Nov. 30th

End date: February 15, 2012

Time: 7:00 pm - 8:00 pm with no class on December 28th and Jan. 4th

Cost: \$70.00 for 10 weeks

Fitness Instructor: Brenda from Joyful Yoga

For further information contact Scotia Pool at 893-6364 or scotiapool@nsac.ca