

October 29th – (Hastings) Why Should You Practice Yoga?



All you really need to begin practicing yoga is your body, your mind, and a bit of curiosity. Many people think that they need to be young and flexible in order to begin yoga, but that's simply not the case. Yoga can help to build muscle strength and also protect from conditions like arthritis and back pain.

Community Care Northumberland's Yoga class in Hastings is led by Kim Bright-Wallace and runs every Wednesday at the Hastings Civic Centre from 1:00 pm -2:00 pm.

She teaches more than just physical postures, she connects the movement of the body to the rhythm of breath.

Why not give Yoga a try? This class is a pay as you go and very reasonable with a \$4.00 fee per class.

For more information, call the Hastings office (705)696-3891 or our Campbellford office (705)653-1411.

www.commcare.ca/wellness.html

Media Contacts

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www.commcare.ca