

The \$1000 CHALLENGE

Are You Up for It?



Yoga Rituals and the Lethbridge Sport Council present The \$1000 Charity Hot Yoga Challenge

Hot Yoga is a powerful practice aimed at total body & mind wellness that provides incredible results. The well rounded asana & pranayam practice targets every joint & muscle group of the body including the core, spine, hips, legs, arms, shoulders, chest & neck. The routine & selected postures focus on enhancing the function of endocrine & digestive organs to help regulate & balance hormones & body weight.

Mondays in February 7-8pm

Perfect for any level: beginner or advanced, young or old, small or large

No age limits (kids are welcome too)

Bring your own yoga mat

Space limited to 20 people so arrive early to avoid disappointment

February 6, 13, 27 at Yoga Rituals, Feb 20 at Lethbridge Sport Council Community Room

The **CHALLENGE** is to raise \$1000 in February
... are you up for it?

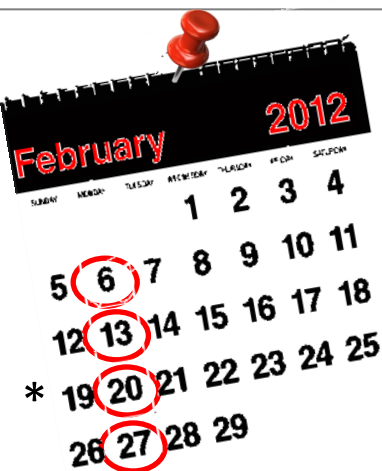
Participation is by donation - all proceeds from February's
Monday 7-8pm Hot Yoga classes go to the
Lethbridge Sport Council .

The Lethbridge Sport Council thanks you for your support!

Classes located at Yoga Rituals

#2 618-3rd Avenue South, Lethbridge AB

* February 20th class at Lethbridge Sport Council
(2nd Floor Nicholas Sheran Ice Centre, 401 Laval Blvd W)



YOGA
RITUALS

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