



From A to Zen Yoga with Bighorn Library

In collaboration with *the Yoga Lounge*,
we are bringing yoga to the
Community Hall.

We will be following Thea Harvey as she leads us to our zen on Mondays and Fridays.

Mondays: Restorative Yin

7pm-8pm

March 31st to June 9th, no class May 19th

\$150

Fridays: Core & Restore

Noon-1pm

April 4th to June 13th

\$150

Classes are open to everyone, no previous experience necessary.

Pre-registration & Payment is required. E-transfers or Cash.

A minimum of 8 people needed to run classes.

Drop-in pricing is \$20 per class once numbers are met.

Visit bighornlibrary.ca/events to register, or stop by the library.

Email: tharrison@marigold.ab.ca for more details.



Bighorn Library

#2 Heart Mt. Drive

Exshaw, AB | 403-673-3571

www.bighornlibrary.ca