



WESTCOAST DUCK YOGA
YOGA FOR EVERY BODY

When: *Sundays 3-4 pm
April 12, 19, & 26*

Where: *Walks will begin at
Centennial Park in Central
Saanich.*

Cost: *\$ 30 for the 3-week
session but no one will be
turned away for lack of
funds.*

Mindfully Wander Yoga for anxiety

With Dr. Michelle Clement

*Mindful steps, mindful postures, breath as
compass—step into nature as we learn to wind
down West Coast Duck style.*

This class is perfect for anyone seeking:

- Movement to assist in regulating the nervous system*
- A decrease of stress hormones*
- Better sleep and mental clarity*
- Softer, quieter mind*
- Activities to try on your own walks*
- Optional Journaling prompts*
- Able to walk ~ 2km at a slow pace*

*For more information & to register: email
Michelle at*

westcoastduckyoga@gmail.com