

ALUMNI YOGA

The Alumni Yoga Program is provided on a fee-for-service basis to Toronto Rehab graduates. Classes are held at **Toronto Rehab Cardiac Centre** - in the main floor Gym at 347 Rumsey Road. **START DATE: TUESDAY, SEPTEMBER 8, 2015**



Reviews by Program Participants

"yoga is an important part of my recovery"

"yoga has greatly benefitted me since my heart attack in 1998"

"yoga has been a key part of my recovery from heart surgery"

"yoga! my key to lifelong flexibility"

Instructor: Glory Last

"an investment that pays lifetime dividends each & every week"

Glory is a Certified Hatha Yoga Instructor who specializes in therapeutic Yoga in a safe environment for her students. Classes include meditation and mindfulness.

FORMATS AVAILABLE TO YOU

CHAIR Yoga - One of the gentlest forms of yoga. Moves are done while sitting or using a chair for support. Deepens flexibility and strengthens personal body awareness.

MAT Yoga - Offers a very gentle version of the traditional postures of Hatha Yoga for those with no difficulty getting down or up from the floor.

START DATE TUES., SEPTEMBER 8, 2015 - Class times from 6 to 6:55 pm

PROGRAM FEE \$40 for 4 sessions - Cash only please
SPECIAL OFFER - \$5.00 Trial Class for new participants only

An additional fee for parking will apply.

REGISTRATION -From 5:30 pm - Tues, Sept 8th - Please arrive early to register

For more info - Lee 416-785-1271 - Email: sschacter@rogers.com or contact below:

Heart Health for Life Team

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<http://www.youtube.com/user/hearthealthforlife>