



Physical  
activity.  
It's good for your health.  
Do it for *life!*

## Yoga Classes offered through the Winter 2010 City of Winnipeg Leisure Guide

- Yoga Kids – 3-6 Years (page 20)
- Yoga Kids – 7-12 Years (page 26)
- Yoga Teens – 13-17 Years (page 29)
- Prenatal Yoga (page 63)
- Mom & Me Yoga (page 63)
- Beginner Yoga (page 64)
- Yoga Continuing (page 64)
- Afternoon Bliss Yoga (page 67)
- Yoga for Lunch (page 67)
- Couples Yoga (page 67)
- Couples Yoga – Adventurous (page 67)
- Mother & Daughter Yoga – 14 years+ (page 67)
- Yoga for Men (page 67)
- Power Yoga (page 67)
- Power Yoga Continuing (page 67)
- Power Hatha Yoga (page 67)
- Restorative Yoga (page 67)
- Ya Ya Yoga (page 67)
- Yoga Bootcamp (page 67)
- Yoga Fit (page 67)
- Yoga Combo (page 67)
- Yoga for Runners (page 67)
- Yogalates (page 68)
- Yoga 50+ (page 39)
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### Other Leisure Guide courses with a yoga component:

- Body Bliss for 50+ - Tai Chi and Yoga (page 38)
- Spin-ga (page 62)
- Fusion Fitness (page 62)

For more information on yoga courses, please pick up a copy of the Leisure Guide or log on to [Winnipeg.ca/leisureonline](http://Winnipeg.ca/leisureonline). The Winter 2010 Leisure Guide will be available starting November 28th, 2009. Copies are available for pick-up at civic pools, libraries, and leisure centres and at over 200 retail locations including Safeway, 7-Eleven and Mac's.

To Register for a program offered in the Leisure Guide -  
log onto [Winnipeg.ca/leisureonline](http://Winnipeg.ca/leisureonline) or Call 311