



Iyengar Yoga is back in Muskoka

The only Iyengar Yoga classes in Muskoka are available at the Milford Bay Community Centre and being taught by internationally certified teacher Didi Hall.

This is your opportunity to deepen your knowledge of the asanas as well as increasing your flexibility and strength.

705 687 1665

didihall@sympatico.ca

\$20.00 per class

All props are provided - please wear tights or shorts so the knees can be observed.

When: Beginning June 29th to August 31st
Every Monday morning at 8:30
Every Thursday morning at 8:30

Where: Milford Bay Community Centre
Beaumaris Road

Contact: Didi Hall