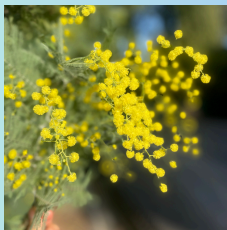


# VIJNANA YOGA CENTRE-YURTLAND

## March - April - May Offerings 2025



### GENTLE PRACTICE FRIDAY

10.00- 11.45 am

March 14- May 30th

\$ 35 drop-in

\$ 130/ 4 week session

## FLUID SPRING



### IN THE ROUND

Ring & Melt

March 22- April 5- 19

May 3- 10- 17- 24- 31

**SATURDAY**

10.00-11.45 am

\$ 35 drop-in

\$ 130 / 4 week session

A time to envision the coming of Spring, the renewal of light, and the buoyancy of possibilities. The joyful play of movement, the breathing beyond the confines of skin as the body, expands into the fluid dance of life.

We will explore the timeless gifts of Yoga, slowly, gently leaning into the space of presence with reverence toward everything that comes up.

We will meet ourselves and this challenging world from a place grounded in the reality of now and open a doorway into wonder, astonishment, and delight

With love & gratitude.



### DANCING THE BODY OF LIGHT SPRING EQUINOX

March 20th

7.00- 8.30 pm

&

April 11 & 25

7.00- 8.30 pm

By donation



### SUNDAY PRACTICE 10.00- 12.30

April 13- 20 - 27

\$ 40 drop-in

\$ 110/ 3 week session



### MELT ROOT CONNECT TUESDAY - 9.30- 11.15am

March 18th- May 6th

\$ 35 drop-in

\$ 130/ 4 week session



YurtLand- 235 James way- off Malaspina

Please register- e-transfer [floyoga@telus.net](mailto:floyoga@telus.net)  
Namaste.

Thank you