

University College of the North

START DATE: 2018

TIME: 12:10 TO 12:50 P.M.

Try something different. Reduce stress for the afternoon, channel your ability to concentrate & focus. Gentle work out your body, spirit & mind. Slow down with meditation. Enjoy the Yogi Health Benefits

UCN Gymnasium

Tuesday & Thursdays

Ongoing

Cost: 6.25 per session FREE FOR UCN YOGIS

Check the UCN weekly recreation schedule

Classes are offered regularly on Tuesday and Thursdays but may be cancelled due to special events.

CONTACT PERSON:

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UCN
YOGI
YOGA

