

In-studio or In-home ❖ RYT200 ❖ Fully Insured
Quality instruction since 2011



Offering:

Hatha ("sun/moon")

Moderate pacing, suitable for beginners

Vinyasa ("to place in a special way")

Link movement and breath in this challenging practice

Restorative ("rest and digest")

The healing properties of stillness, using props for support

Mention this postcard and receive \$50 off the regular price of a 10-class pass

Yoga with Ian

277 Humbercrest Blvd, Toronto, M6S 4L5

416❖516❖1563 / shiatsubytavian.com / ian@shiatsubytavian.com