



# POSITIVE VIBRATION YOGA CLASS SCHEDULE



with Brice



MONDAYS  
8:30AM - 9:45AM

THURSDAYS  
6:00PM - 7:15PM

***Move Like You Mean It*** - In this session we will combine breath and movement to increase strength, stamina and flexibility.

TUESDAYS  
6:00PM - 7:15PM

WEDNESDAYS  
8:30AM - 9:45AM

***Slow Flow*** - Invite yourself inward as we slow down our movements and focus on using the breath in each posture to create a sense of restoration, spaciousness and freedom within.

**\*Mats and yoga gear are provided!**

Harbour View  
Yoga Studio  
10 Fort Street



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\$25BZD per class

