

semperviva presents



Absolute Beginner Yoga

with Maggie Anderson



About Maggie Anderson

Maggie Anderson Maggie is committed to a lifelong journey of yoga as a way of balancing modern living, family, work, wellness and community. Her goal is to provide a strong Hatha Flow class, where every body, regardless of level or skill, is included, yet challenged and fulfilled. She aims to make yoga accessible, non-intimidating, and above all enjoyable. Maggie teaches from the heart, with an emphasis on non-judgmental, non-competitive, ego-less practice. Her classes are a fusion of anatomy, energy, philosophy, humor and humility. Her personal philosophy is that the self study never ends, the practice never ceases to evolve, and the love for what she does only expands with experience.

Intrigued by yoga? Not sure where to begin? The Absolute Beginners class is designed exclusively for new students and students starting back to yoga after an extended period.

Learn the fundamentals of yoga postures and breathing techniques. Gain insight into the principles of yoga philosophy. Cultivate inner body awareness to guide your practice.

The supportive environment of this class will provide you with the necessary foundation to develop a safe and rewarding yoga practice.

When: January 9th, 16th, 24th and 30th; February 6th, 13th and 21st;
March 13th and 28th from 1:30pm-3:30pm

Where: Sun Studio, 2608 West Broadway (Jan. 9th, 16th only)
Kits Beach Studio, #110-2201 West 4th Avenue (all others)

Cost: \$25.00 + GST/per class, (the \$25.00 can be applied towards the purchase of one month of unlimited yoga on the date of the workshop only)

more info/ registration: 604-739-2009 | semperviva.com