

U R B A N  
E S C A P E

# Hatha Yoga

## October 2021 Classes

**Preview  
Pricing:**  
\$15 per  
person

\*Buying multiple sessions? Save 15% when you book 3 or more classes.



**Location:** 4630 Watson Rd  
South Puslinch



Find your centre, focus your mind, and breathe deep as we practice yoga overlooking the scenes of nature found within the Haney Forest. Feel the instant benefits. But that's not all! Stay for a half-hour hike cooldown, and enjoy the fall colors.

**Life just gets better when you find your Urban Escape!**

To reserve your spot e-mail us at [info@myUrbanEscape.ca](mailto:info@myUrbanEscape.ca) or call at 905-906-7905  
[www.myUrbanEscape.ca](http://www.myUrbanEscape.ca)

Location: 4630 Watson Rd South Puslinch

# Hatha Yoga

OCTOBER SCHEDULE

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## SUNDAY 17<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM

## WEDNESDAY 20<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

## THURSDAY 21<sup>ST</sup>

10:00 AM  
11:00 AM  
12:00 PM

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## FRIDAY 22<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM

## MONDAY 25<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

## TUESDAY 26<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

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## WEDNESDAY 27<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

## THURSDAY 28<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

## FRIDAY 29<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

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## SATURDAY 30<sup>TH</sup>

10:00 AM  
11:00 AM  
12:00 PM  
01:00 PM  
02:00 PM

## WHY OUTDOOR YOGA?

- Spending time in nature can replenish depleted energy
- Natural scenery can heighten awareness
- Practicing yoga in a new environment can build confidence
- The outdoors can further boost meditation's benefits

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