



2018 Yoga for Golfers

Available in April and May

GENERAL INFORMATION:

Meg Chapman, Head Teaching Professional and Certified Yoga Instructor, will be offering a unique and exciting yoga class for all levels of golfers. Meg will blend the foundations of yoga with golf, including both the physical and mental aspects specific to playing the game. No yoga experience required.

SPRING YOGA TIMES:

- Every **Monday** morning from **9:00am to 10:15am** (From **April 9^h** to **May 28th** – 8 classes)

WHERE:

- Recreation Centre at Lora Bay

YOGA FEES:

- \$18 drop-in
- \$120 for a 8 class pass

SPECIFICS: Please bring a yoga mat and wear comfortable clothing.

REGISTRATION:

To register for this program, please contact Meg Chapman, Head Teaching Professional, directly at mchapman@georgianbayclub.com.