



## **2018 Yoga for Golfers**

**Available in June and July**

### **GENERAL INFORMATION:**

Meg Chapman, Head Teaching Professional and Certified Yoga Instructor, will be offering enjoyable and relaxing yoga classes during the months of June and July. Each class is designed for both golfers and non-golfers alike, and will provide benefits to both your physical and mental health. When the weather permits, classes will be held outside on the terrace of the Clubhouse, overlooking the golf course and beautiful Georgian Bay.

### **SPRING YOGA TIMES:**

- Every **Saturday** morning from **8:00am to 9:15am** (From **June 9<sup>th</sup> to July 28<sup>th</sup>** – 8 classes)

### **YOGA FEES:**

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

**SPECIFICS:** Please bring a yoga mat and wear comfortable clothing. We will meet at the Clubhouse.

### **REGISTRATION:**

To register for this program, please contact Meg Chapman, Head Teaching Professional, directly at [mchapman@georgianbayclub.com](mailto:mchapman@georgianbayclub.com).