

Yoga Classes!



Experience the joy of yoga! You will feel relaxed while encouraging flexibility, strength, balance, body awareness and deep breathing. Music, meditation, fun! in a variety of formats will make this class an enjoyable and rewarding experience for all! Everyone welcome—beginners and those who are well on their way!

Dr Farah Shroff, PhD, has been practicing yoga all her life and has been fortunate to have learned from excellent yoga teachers. A faculty member at the UBC medical school she also carries out research on yoga. She enjoys facilitating the practice of yoga for maintaining, improving and restoring health and developing long lasting inner peace.



When: Tuesdays and Thursdays noon-1:00 pm

☸ May 19 - June 25 (with some breaks or possible cancellations) ☸

Cost: \$60 registration fee for all 12 sessions; \$7 drop in fee

Where: Detwiller Lecture Theatre UBC Hospital

☸Please bring your mat☸

For more information about the class content please Contact Dr Shroff:

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To REGISTER: please email: jxenakis@pathology.ubc.ca