

ZOOM YOGA

Registration is now being accepted at the Candle Lake Resort Village

Office for four "SIX" week Zoom Yoga Classes with Yoga Instructor Paula

Eldstrom.

Zoom Chair Yoga Tuesdays@ 9:00 am

Maximum 20 Yogis'
6 Class Session January 11th to
February 15th, 2022 6 Class Session
February 22nd to March 29th, 2022

Zoom Floor Yoga Wednesday@ 8:00 am

Maximum 20 Yogis'
6 Class Session January 12th, to February 16th, 2022
6 Class Session February 23rd to March 23, 2022 & *Monday March 28th*

What you need to know to participate in a Zoom Yoga Classes....

Cost: \$30.00 per Session & pre-registration is required.

Each Class has a limited# of participants - No Exceptions
Candle Lake & area have priority registration, however if space is available
outside area participants are verywelcome.

You will require a computer, I-Pad, I-Phone or Android Phone with internet
capability to participate. I am in my home and you in yours. We will see and
hear each other throughout the Zoom session.

All participant's will be required to complete the *Physical Activity Readiness
Questionnaire for Everyone (PAR-Q+)*.

Here is the link... <http://eparmedx.com/>

**The 2022 Version will be posted early January 2022. Click the button
that says "Take the ParQ+ Survey Now". You will require to print, sign
and datethe
form. Please drop it off at the Village Office Attention: Paula/Peggy or
scan and email it directly to me at peldstrom@sasktel.net**

Registration: Candle Lake Resort Village Office@ 306-929-2236

E-Transfer Registration Fees: info@candlelake.ca or visit the office

Please provide: Your Name, Cell#, Email Address & Physical Address upon registration

Please note the Candle Lake Village Office will be closed between Christmas and New Years.

If you do not wish to receive this email; please reply and I will remove you from the group email.

Namaste' Paula

Eldstrom