



parallel yoga

# OPEN HOUSE

## 2ND ANNIVERSARY CELEBRATION

SATURDAY, OCTOBER 5TH  
ALL SCHEDULED CLASSES ARE FREE

- 8:45 Power Play with Kara** Explore the more playful side of your practice while engaging in some more challenging poses. Guaranteed hard work and a whole lot of laughter!
- 10:30 Hatha with Kara** Yoga in its more 'traditional' sense, this class will focus more on alignment and moving with ease. Suitable for all levels
- 12:00 Yin Yang with Julia** Yin allows for the gentle stretching and healing of connective tissue, while Yang is more about the yoga of movement: the opposite of Yin, but complementary to it.
- 2:00 Power with Jy** Power Yoga sets an emphasis on strength and flexibility while also moving with integrity.
- 3:30 Yin with Jy** Poses are held for longer periods of time to allow for the safe and slow opening of connective tissues. A great class for all levels, and a wonderful complement to the more active styles of yoga and other athletic endeavours.

There will also be in-store only specials on memberships and merchandise!



[WWW.PARALLELYOGA.CA](http://WWW.PARALLELYOGA.CA)



604.746.4070

[INFO@PARALLELYOGA.CA](mailto:INFO@PARALLELYOGA.CA)

[FACEBOOK.COM/PARALLELYOGA](https://FACEBOOK.COM/PARALLELYOGA)

106-1900 NORTH PARALLEL RD, ABBOTSFORD, BC V3G 2C6  
TAKE A CLASS WITH ME ANYTIME ON YOGO.TV!