

# VANCOUVER WOMEN'S HEALTH COLLECTIVE PRESENTS

## It's Just Effin' Yoga

**The destination is you...and you are already there.**

“120 minutes. 120 minutes to break down barriers, enlighten and empower, and fundamentally change what you thought yoga and yogis were like.”

This workshop will bridge the gap and take the guesswork out of yoga.

We will explore many of the different modalities, poses, and styles of yoga. Including: Mindful Meditation, Chair yoga, Pranayama, Yin, Gentle Hatha, Hatha, Vinyasa, Power Vinyasa, Flow, Restorative, Nidra, Group/Partner yoga.

Yoga doesn't have to be complicated. It's just effin' yoga!

With Pixie

**Date:** Tuesday, September 10th, 2019

**Time:** 6:00pm-8:00pm

**Location:** Vancouver Women's Health Collective  
29 West Hastings, Vancouver

**This is a FREE event, for all Self-Identified Women**

Please register by emailing [vwhc.centre@gmail.com](mailto:vwhc.centre@gmail.com) or call us at 604-736-5262



Women Helping Women Help Themselves Since 1972