

Easy Does It Yoga

for seniors & students that choose gentle yoga

Mon • Wed • Fri • 12:30-2 pm \$14 drop in or use your class package

This is a class geared to students that prefer a slower paced setting, where props such as blankets, straps and if needed chairs are used so that those who may not be as flexible will be able to enjoy the benefits of yoga. Focus on breathing, listening within, meditation and relaxation.

No previous yoga experience is necessary and all levels are welcome.



Louise Botterill

A horse rider in the past, Louise has had her share of injuries. Her wonderful body awareness and physical lifestyle makes her very suitable to share her knowledge with students of all ages. Louise is enthusiastic and intuitive in her teaching.



Louise Lorente

With over 15 years of yoga and meditation practice Louise has been able to live well with a debilitating disease. Her classes focus on learning to work with and listen to the body and on developing a balanced practice, internal strength and wisdom.



Todd Williamson

is co-owner of Om Base and he teaches **BLIS Yoga** which focuses on learning to work with your body and to listen to your guidance.

Todd teaches **many classes, a Yoga Immersion** several times a year, as well as offers intuitive readings and healings on a private basis.



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