

Wednesdays
at 4:30pm
January 13
January 27
February 10

SOTA
Seven Oaks Teachers' Association

**Online
Yoga**

Peace lives here

These **free** beginner-friendly classes are open to all **SOTA Members** and are designed to improve strength and flexibility, while offering relaxation and rest for the body. A consistent yoga practice can provide stress relief, increased mental clarity, and improved posture and digestive health.

Classes will be offered entirely **online** via Zoom and will focus on breath work and meditative techniques that can be extended to the classroom.



Carrie Lundy

Carrie Lundy first began practicing yoga in 2006, and after discovering immense changes in her life she knew she wanted to share the gift of yoga with others. She completed her Moksha Yoga Teacher Training in India in 2009, the same year she began teaching in Seven Oaks School Division. Now living in Prince Edward Island, she is excited to continue to lead you through an accessible practice that will support school staff in cultivating more peace, balance, and self-care during such challenging times.

Any questions about the practice can be emailed to Carrie so she can plan for you: carrie.lundy@7oaks.org

Registration

There is no commitment necessary to attend all sessions. You may attend as many sessions as desired.

To register, contact SOTA Wellness Committee chair Jordan Laidlaw: jboydlaw@gmail.com