

New this Summer

Yoga Kayaking adventures to Pasley Island. Sunday July 20, Sunday August 17. A unique B.C. experience. Discover how yoga and kayaking compliment each other. Call Bowen Island Kayaking 604-947-9266 to register.

Yoga for Golfers

Workshops & Classes available. Improve your swing by increasing strength, flexibility and mobility. Learn breathing techniques and centering to improve concentration.

August 28

Ladies League Championship at Bowen Island Golf Club.

Yoga stretches and warm up on the course at 8:15 am by Suzan Wood. Tee off time 9:00 am.

Children's Yoga - Fun and focused! Helps children develop strong and flexible bodies an excellent sense of balance, coordination and a feeling of confidence.

Serious Play at Artisan Square! Art Lessons for children coordinate with Yoga Schedule. While you stretch send your children to stretch their imagination! Call Saffron Gurney 604-818-4420 for registration and information.

For registration & information, please contact:

Suzan Wood

Bowen Island Yoga Studio.
Centrally located at Artisan Square



604-790-5924
www.bowenyoga.com