



Alaina Gislason, Yoga Wellness Educator
Special discount for WRHA employees on Yoga Wellness Programs

Upcoming live online Yoga Wellness Programs in 2022:

Yoga for Posture Improvement

In this six-week course, you will learn how poor posture may contribute to back pain and other health conditions; common postural misalignments; and the six fundamental elements to improve your posture and reduce or eliminate back pain through an holistic and accessible approach using movement and breath.



Thursdays at 6:30 PM
Feb. 17, 24, Mar. 3, 10, 17, 24

Regular price: \$90 **WRHA price: \$70**
Use Discount Code: **WRHASAVE20**

Yoga for Core Strength

Core strength is integral for spinal alignment, back health, balance, and living a full and functional life. In this four-week course, you will learn about and explore your core muscles and how to build strength without doing crunches.

Thursdays at 6:30 PM
Apr. 7, 14, 21, 28

Regular price: \$60 **WRHA price: \$45**
Use Discount Code: **WRHASAVE15**



Yoga for Strength and Flexibility

(Private individual sessions only)

This program is focused on providing yoga postures that meet your individual needs to build strength, flexibility, and mobility. After each class, you will be provided with “homework” to continue your yoga practice between sessions. Each individualized program is six sessions for a duration of 60 minutes each.



Tuesdays at 6:30 PM (Two available spaces)
Feb. 8, 15, 22, Mar. 1, 8, 15
Mar. 22, 29, Apr. 5, 12, 19, 26

Regular price: \$497 **WRHA price: \$450**
Use Discount Code: **WRHASAVE47**

To register go to <https://alainagislason.com> and use the appropriate discount code.