

# THE YOGA GATE

**Christina Rogoza, M.C.E., Ed.D.**

**RYT Certified Yoga Instructor**

**Certified Hot Stone Yoga Practitioner**

- 15 years teaching with a focus on pain and stress management
- 10 years working in the mental health field
- Consultant at Queen's University Faculty of Medicine

## Tranquil Hatha Yoga

The symptoms of anxiety and stress are common conditions that can be managed with Yoga. Participants learn how to release tension in the body and calm the mind.

## Gentle Flow Yoga

In this class, participants move at a slow and steady pace. Suitable for those with some Yoga experience.

## Chair Yoga

Christina developed the first chair yoga program for the MS Society for those with limited mobility. Suitable for those with injuries or chronic conditions, e.g., arthritis.

## Location

Baltimore Recreation Centre  
23 Community Centre Rd.  
Baltimore, ON

Class Fee \$48.00/4 classes

## Schedule February 18-March 17

(no classes on March break if requested)



### Contact

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	Tuesday	Wednesday	Thursday
Tranquil Hatha Yoga	6:30 p.m.		
Flow Yoga	10:30 a.m.	6:30 p.m.	
Chair Yoga			10:30 a.m.

Private Classes Available