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Zoom Yoga Therapy Spring Offerings from Garden Bay, BC



To help us keep strong both physically and emotionally during these challenging times, Maggie invites you to join her for Zoom Yoga Therapy offerings this Spring being filmed in the beautiful community where she and her husband Walter now live when not working or playing in Vancouver.

Relax & Energize

In this Zoom class, you will experience a mix of standing, seated and supine/prone poses that focus on flexibility, strength & relaxation. No props needed except for a Yoga mat, pillow, chair, and blanket!

Sundays 10-11:30 am

April 26 ? June 14, 2020

Relax & Restore

In this Zoom class, we will focus on supine/prone poses that focus on flexibility, strength & relaxation. No props needed except for a Yoga mat, pillow, chair and blanket!

Thursdays 7-8:30pm

April 23 ? June 11, 2020

Tuition Fees - Sliding Scale for Challenging Times

- 8-week series cost \$80 to \$160 + 5% GST Sliding Scale
- To register, please e-Transfer (Canada) or Paypal (internationally) to Maggie Reagh at maggie@yogatherapyinternational.com ^[1]
- After you register, Maggie will send you the Zoom link to join the series of classes.

Note: International Students may send money from many countries via PayPal ^[2] if include all applicable transfer fees ^[3]. *Fees are based on the recipient's country and are lowest when you send the money from your bank account or PayPal balance.*

Designing a Home Yoga Practice

Maggie has been working with private clients in person for close to 20 years, and on Zoom for the past 2 years with students from around the world. During this social distancing time, she encourages you to book an appointment with her on Tuesday or Friday afternoons PST, to develop a home practice to deepen your therapeutic experience of Yoga. She also offers Vedic chanting privates online. A 3-sessions series costs \$300 + GST. Follow up sessions cost \$100 +GST. Other times are available upon request.

To book at private session, please email Maggie ^[1].

Download the Yoga Therapy Online Zoom Yoga Therapy Form ^[4]

Tags:

Zoom ^[5]

Therapy ^[6]

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Links

[1] <mailto:maggie@yogatherapyinternational.com>

[2] <https://www.paypal.com/ca/webapps/mpp/send-money-online>

[3] <https://www.paypal.com/webapps/mpp/paypal-fees>

[4]

<http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Registration%20%26%20Waiver%202020%20YTI.docx>

[5] <http://yogatherapyinternational.com/tags/zoom>

[6] <http://yogatherapyinternational.com/tags/therapy>

[7] <https://twitter.com/share>