



Relax your mind, restore your senses.

Belinda Tkach's foundation for her yoga practice is the belief that yoga, like most things in life, shouldn't be taken too seriously. With this in mind, Belinda's teaching style is light-hearted and eclectic. Her classes invite students to challenge themselves with humour and compassion, and to find their own practice through awareness of body, breath and mind.

The beautiful, natural setting of the one-acre Earth-wise Garden enhances your experience.

Belinda began practicing yoga in 2006. Since then she's had the privilege of learning from a variety of teachers in Canada. She completed her teacher training in Vancouver, Canada in 2009. She has spent the last year and a half in Belize teaching yoga at her own studio, and as well the local resorts.

Now back in Delta, Belinda is eager to get back to teaching again



YOGA

IN THE GARDEN

date
**SATURDAYS
JUN 11 TO SEPT 3**

location
**EARTHWISE GARDEN
6400 3RD AVE, TSAW.
(IN BOUNDARY BAY)**

time
9:30AM

\$10/class

RSVP 604 946 9828 or

info@earthwisesociety.bc.ca