Sonia Thompson

Teaching allows Sonia to share her love of yoga with her students.

What Sonia loves about yoga is its ability to bring balance to every practitioner, regardless of age and physical ability. She seeks to bring balance, clarity and a sense of bliss to her students.

She teaches alignment based Hatha Yoga, pranayama and meditation. Sonia's classes range from workshop specifics to flow classes, to more restorative classes. She strives to give each student a blissful class experience as well as a beautiful, nourishing nidra/savasana.

The phrase she closes classes with best represents what she wishes for all of her students: "May this practice bring you clarity of mind, sweetness of speech and brightness of heart."

For more info, please go to www.yogibeach.ca

Don't miss Sonia's classes this spring and summer!

You can partake in our **Try it For Free** classes like ***Introduction to Yoga*** on Wednesday April 1 (#2496) ***Gentle Yoga*** on Monday April 13 at 1:15 pm (# 2500). Space is limited so please call 250-767-2133 to reserve your spot.

Sonia is also teaching an **Evening Flow Yoga** class and check out page 12 of the Rec Guide for more info on her summertime ***Yoga by the Lake*** classes.