

Yoga is coming to WSC.

Sessions will Begin on January 6th and continue every Wednesday morning from 7:30 to 8:30. This is a trial run to see if it is an event that members will enjoy.

Classes are only \$7.00 and the first one is Free!

About our instructor:



“Pam caught what she calls the “yogabug” in 1999. After years of running and cycling, she looked to yoga to find a more balanced approach to her health. She completed her 200 hr teacher training at Yoga Pearl and has studied with many prominent teachers throughout the country. Pam is deeply grateful for the abundant gifts of her yoga practice and eagerly shares them with her students.

Each class is a blend of Hatha and Vinyasa yoga focusing on alignment and breath with a splash of creativity. Expect to increase flexibility, strength, and self-awareness and reduce stress in a supportive environment.”

If you have questions please call the WSC office at 503-246-5345. Send an email if you plan on attending; administrator@willamettesailingclub.com