



## Yoga for Tennis at Kew...

- Improve concentration and focus
- Reduce anxiety
- Increase flexibility
- Increase your reach
- Reduce the risk of injury
- Improve your footwork
- Help prevent tennis elbow, tendonitis
- Gain strength & generate more power!

**We will practice poses that support your tennis game!**

## Bliss Yoga for Tennis

*Beginners welcome!*

by Irena, B.A.Sc., M.A.Sc., P.Eng.,  
Certified Yoga Teacher  
[www.aboutbliss.com](http://www.aboutbliss.com)



**WHEN:** Tuesdays 7:30 - 8pm

**WHERE:** Kew Gardens Tennis Club  
(pls gather by the clubhouse)

**Details:** Yoga mats are required and please wear comfortable clothing. Beginners are welcome! :)

**TO REGISTER:** For those interested in the weekly Yoga for Tennis class, please contact Irena at:  
tel: 416 594 0004 e: [irenabliss@gmail.com](mailto:irenabliss@gmail.com)

**Proposed 5 week Sessions:** Cost: \$50/session (min 3 people)  
Tuesdays 7:30-8pm starting July 13, 20, 27, Aug 3, 10...

