



LIVING WELL MOVEMENT



Online Group Mat Classes

Powered by ZOOM

Pilates

Yoga

Somatics



Breathwork

Connection

Meditation

Try a Single class \$15.

5 Virtual Classes \$65.

10 Virtual Classes \$120.

Getting started is easy!

- 1) Do you have High Speed Internet? ✓
- 2) What's your device? Smartphone, Tablet, Laptop or Computer ✓
- 3) Go to your PLAY store and download Zoom onto your device ✓
- 4) Open a FREE Zoom account so that you can join classes, webinars and meetings ✓
- 5) Sign up for our classes via your Wellness Living Account, you can find all class info and registration info on our schedule page ✓

<https://www.livingwellmovement.ca/class-schedule.html>

Got questions? Call or Text us at 905.396.9642 or email info@livingwellmovement.ca