



Yoga Classes at Nikka Yuko Japanese Garden

Take a deep breath and let your worries melt away as you flow through a yoga class inside Nikka Yuko Japanese Garden.

Each summer we work with local yoga studios to offer classes in a truly unique setting. Review our upcoming summer schedule and find a class that is right for you!

108 Garden Yoga Experience - \$25

Purchase this package to use for any yoga class at Nikka Yuko.

Includes:

- One yoga class
- Yoga mat rental - if needed
- Courtesy pass for a future visit to the garden

Drop In - \$19.95

Applicable for all yoga classes - must pay at the Bunka Centre prior to your class. Includes yoga class only.

All classes are held outdoors in the garden or inside the Bunka Centre in the event of inclement weather. Please arrive 15 minutes prior to the start of class and meet your instructor outside the Bunka Centre.



www.NikkaYuko.com/Yoga

YOGA SCHEDULE

Canadian Yoga Institute

Flow Yoga

Wednesdays @ 6PM
May 11 - September 28

Tuesdays @ 10AM
July 5 - August 30

Wellness Yoga

Thursdays @ 5:30PM
May 12 - September 29

Hatha Yoga

Thursdays @ 10AM
July 7 - August 25

Tai Chi

Saturdays @ 9AM
May 7 - September 24



Mikado Therapeutic Yoga

Slow Flow Yoga

Mondays @ 9AM
June 6 - July 25

Yin Yoga

Wednesdays @ 9AM
June 8 - July 27

Vinyasa Yoga

Fridays @ 6PM
June 3 - August 26

This class is offered at a special rate of only \$10/class so you can drop in and flow right into the weekend!





MEDITATION

at Nikka Yuko Japanese Garden

Take a moment to quiet your mind and body with a meditation class set in the serene backdrop of Nikka Yuko Japanese Garden here in Lethbridge, Alberta. We are now offering Meisou (Meditation) Classes with Aaron Roth inside the garden. Aaron is an experienced instructor who will take you through a variety of styles of meditation, no matter your experience.

Meditation Classes - \$27.50

Includes one drink, a cushion for meditating, a courtesy pass to visit Nikka Yuko on another day, and one meditation class of your choice.



Aaron Roth

Aaron grew up in Lethbridge and has been a supporter of Nikka Yuko for many years. He trained in Karate under Sensei Taka Kinjo in Lethbridge for many years, which is where he had his first experiences of meditation. Aaron has studied various forms of meditation, yoga, and contemplative techniques from different traditions, both Eastern and Western. He is a founding member and facilitator of the Rocky Mountain Zen Buddhist Community (Lethbridge and Edmonton), and is also an ordained Soto Zen Buddhist novice monk.

In 2018, he completed his Level 1 meditation teacher training with Mandy Trapp of Lifestyle Meditation in Edmonton. In 2019, he completed his 200-hour meditation teacher training with Caroline Stewart of InspirED Me Meditation and Wellness in Edmonton. Aaron has also completed courses in integrative health using mindfulness and guided imagery through the University of Minnesota. In 2021, Aaron also completed his 200-hour Yoga Teacher Training through YogaRenew.



www.NikkaYuko.com/Meditation

MEDITATION SCHEDULE

Mindfulness Meditation

Saturdays @ 9 - 10AM

May 28 / June 25 / July 30 / August 27 / September 10

Guided Meditation

Saturdays @ 4 - 5PM

May 28 / June 25 / July 30 / August 27 / September 10

Zazen-Kai Zen Meditation

Sundays @ 9 - 11:45AM

May 29 / June 26 / July 31 / August 28 / September 11

Please arrive 15 minutes prior to the start of class and meet your instructor outside the Bunka Centre.