

## Local yoga teacher Kelly Mayville on TV

Kelly Mayville has been teaching yoga for years in the Caledon area and beyond. She has now taken her unique style of practice to a new medium ? television. Mayville's new show, Uniquely Pure Yoga, debuted on Rogers TV earlier this month.

The series is designed to be easy to follow and will benefit all levels of experience. By following Mayville's easy-to-follow instruction, viewers will learn to connect breath to movement and create flexibility and balance.

?I am so excited to be able to share my practice with the community through Uniquely Pure Yoga,? she said. ?Each show will be geared toward healing a different area of the body and mind. My goal is to relate that yoga is not only a physical discipline, but also a spiritual practice.?

Uniquely Pure Yoga Can be seen on Rogers TV, channel 63, Sunday at 3 p.m., Tuesdays at 7 a.m. and 10 p.m., and Wednesdays at 7 a.m., 10 a.m., 1 p.m. and 4 p.m.



Kelly Mayville