

Monday Morning

9:00 to 10:15

Enjoy
Yoga

Yoga

Gentle, Relaxing,
Slow-Moving

**St Peter's United Church
Dining room**

Bring your yoga mat

Cost: \$15.00



Take a break from your busy schedule.

Come and enjoy peace for body and mind that
this yoga class offers you.

Presented by: Lynn Hasel, Registered Yoga Teacher 500
Certified Ayurveda Practitioner 660