

Yoga



Weekly Group Workshops



DAYS / TIME	5.30-6.45 pm	7-8.15 pm
TUESDAYS	Art & Science of Breathing (Pranayama)	Yoga for Strengthening Neck & Shoulders
WEDNESDAYS	Bhangra/Bollywood Dance Workout	Fun & Flow Taster Yoga By Donation
FRIDAYS	Laughter Yoga (Family Friendly)	Yoga for Strengthening Hips & Legs
SATURDAYS	Yoga for Flexibility & Pain Relief (Fibromyalgia, arthritis, whiplash/work injury)	Mindfulness Guided Meditation

Cost: \$20 x 1 session or \$150 x 10 sessions or \$ 200 x 20 sessions.

{Dress Comfortable. Stomach Empty. At least 3 hours gap after a full meal}

We are booking appointments for Individual Counselling & Restorative Yoga therapies and Private Yoga lessons. Most Extended Health Care Plans, ICBC cover counselling by RSW/MSW, please check with your provider or...

Connect With Me:

Purnima, RSW/MSW, Counsellor, Yoga Therapist, Mentor

Call/Text: (778) 316 – 6371

Email: purnima@wellnessworkshophq.com

**Address: Wellness Workshop HQ, Unit 8, Radium Plaza,
7585 Main St W, Radium Hot Springs (Above Radium Library)**

www.wellnessworkshophq.com

Workshops may be cancelled without prior notice. Please confirm your attendance by text/call/email/website contact form or fb-pm