

# YOGA



## Weekly Group Workshops



DAYS / TIME	5.30 - 6.45 pm	7 - 8.15 pm
WEDNESDAYS	Bhangra/Bollywood Dance-Along Workout	Fun & Flow Taster Yoga By Donation
FRIDAYS	Come Alive with Laughter Yoga (Family Friendly)	Yoga for Strengthening Mind & Body
SATURDAYS	Yoga for Pain Relief (Fibromyalgia, Arthritis, Whiplash/work injury)	Mindfulness Meditation & Pranayama- The Art & Science of Breathing

**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 Therapy, Private Yoga sessions and Mentoring new Yoga Teachers.

Most Extended Health Care Plans, cover Counselling by RSW/MSW.

ICBC will sanction Restorative Yoga sessions to enhance your recovery from vehicular accident injuries. Ask your claim adjuster.

**you gotta nourish to flourish**