

yoga



Weekly Group Workshops

DAYS TIME	5.30 - 6.45 pm	7 - 8.15 pm
WED	Bhangra/Bollywood (Dance-Along)	Fun N Flow Yoga (By Donation)
FRI	Laughter Yoga (Family Friendly)	Gentle Yoga (Flexibility & Balance)
SAT	Gentle Yoga (Pain Relief)	Meditation/Pranayama

Cost: \$20 x 1 session or \$150 x 10 sessions or \$ 200 x 20 sessions {Dress Comfortable. Light stomach}

***** Wed: Drop-in. Fri & Sat: Pre-booking *****

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

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.

Check Updates on Website.

you gotta nourish to flourish