

YOGA



Weekly Group Workshops

DAYS / TIME	5.30 - 6.45 pm	7 - 8.15 pm
WEDNESDAYS	Bhangra/Bollywood (Dance-Along)	Fun & Flow Taster Yoga By Donation
FRIDAYS	Laughter Yoga (Family Friendly)	Gentle Yoga
SATURDAYS	Yoga for Pain Relief	Meditation & Breathing

Cost: \$20 x 1 session or \$150 x 10 sessions or \$ 200 x 20 sessions {Dress Comfortable. Light stomach}
Wednesday: Drop-ins. **Fri & Sat Pre-booking Only.** Updates on website.



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

you gotta nourish to flourish