

WEDNESDAY NIGHT YOGA

Four- week session starting

January 13, 2010

6:30-7:45 pm

Cost: \$35

TYENDINAGA TOWNSHIP RECREATION HALL

363 McFarlane Road

Shannonville

Suitable for beginning and intermediate students, Hatha

Yoga energizes, stretches and strengthens the body,

reduces stress and promotes relaxation and well-being.

For more information or to register, call:



Laurie Burt @ 613-477-2728

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