

YOGA CLASSES



Saturday morning session starts June 5th
With Patricia Mitrevski, Yoga Instructor and Registered Nurse
PUCE SPORTS AND LEISURE CENTRE
Advanced class for experienced yoga participants

Yoga: To unite the body and mind. To calm and bring out the peace from within, all with your breath and your movement. Allowing room for energy, grace and patience. Learning the art of being still from within.

6 week session – Saturday mornings at 10:45am

Call today to register at 519-980-0821 or
email directly at trishmitrevs@yahoo.ca