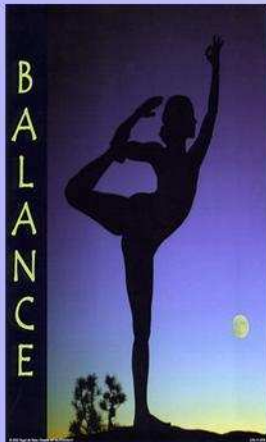


# Restorative Yoga Class

Come out for yoga to create balanced energy, a calm heart, peaceful mind and a sense of well-being by reconnecting with your body and breath.



## Class includes:

yoga poses, stretches, breathing, relaxation and meditation techniques

With Cathrine Marshall,  
B.A., D. S. HomMed.

Homeopath/Yoga therapist/Yoga teacher



**When:** Apr. 14 - Jun. 2 (8 week session)

**Day:** Wednesday evenings

**Time:** 8:00 - 9:00 p.m.

**Cost:** \$64.00 for 8 classes

**Where:** Puce Sports and Leisure Centre

962 County Rd. 22

(previously Puce Public School)

**Register today by calling Lisa at 519-727-6776.**

**(Limited space available)**

\*Please wear comfortable clothing, bring a yoga mat and arrive 5 min. before class begins.