

Adult Yoga For EveryBody

When: Wednesdays starting Sept 27th 6:30-7:30 PM

Where: Lower Onslow Community Centre

What: 6 week yoga program

Who: Instructor Margaret (Ravensbergen) Davidson

Join me for a 6 week yoga program with a focus on wellbeing and health.

Please pre register with Margaret by cell/text

902-897-1550

Or email Davidsonm@seasidehighspeed.com

Cost is \$50.00 by cash, cheque or e-transfer