

Lower Onslow Community Centre

Yoga For EveryBODY

Mindfulness and Movement

I am offering a 6 week program focusing on strategies and practice to incorporate mindfulness into your life.

The program runs from Wednesday October 9th-November 13th.

6:30-7:30PM

Bring a journal, pen, yoga mat and any props to feel supported, pillow/blanket etc.

Cost is \$60.00 payable by cash, cheque or e-transfer.

Register with Margaret call/text 902-897-1550 or