

'Tis the Season to Nourish Yourself!

Relax & Renew® **Restorative Yoga**

***Give Yourself the Gift of Well Being
Restful Yoga for Stressful Times***

Two classes to choose from!

Date: Monday December 30th - In-Person

or

Date: Thursday January 2nd - Zoom

Session Times: 6:30pm – 8:30pm

Place Zoom: Comfort of your own home

Place In Person: St. Andrew's United Church (60 Athabasca E)

Per Session: \$40.00 by December 22nd
\$50.00 after December 22nd

Note: Cancellations are subject to a \$10 administration fee.

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Sacred Traditions Yoga in Moose Jaw