

'Tis the Season to Nourish Yourself!

Relax & Renew® **Restorative Yoga**

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

Date: Monday December 15th

Session Times: 6:00pm – 8:00pm

Place In Person: Cosmo Centre (235-3rd Ave NE)

**Per Session: \$40.00 by December 8th
\$50.00 after December 8th**

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

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Sacred Traditions Yoga in Moose Jaw