



Therapeutic Yoga Spring Mini-Retreat - ADDED DATE!



Saturday, April 22
9:30-12:30pm
\$55 plus GST

Join me for 3 hours of pampering yourself! Using the tools of pure movement, breath, stillness, rhythmic movement, fascial release techniques, Ayurveda practices for spring, and much more, you will leave feeling more freedom in your body, more balance in your emotions and more peace in your mind. Perfect for *every* body.

Includes light snacks, a special gift bag, handouts and more.

Only 10 spots. These events fill quickly! Register today with Sue!

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