

Out of Office



*presents*

# Holiday Yoga Flow

**December 17, 2025**

*7:00 pm*

**Buffalo Park Hall  
(CFB Wainwright)**



*Cost: \$10*  
**Per Person**



**Payable online or  
cash only at the door!**

**Register by December 14, 2025**

Join us to find your little piece of "Peace on Earth" this season with a gentle and calming yoga class. This one-hour class emphasizes movement and breath as we flow between poses. Flow yoga encourages movement and gentle strengthening and stretching, while clearing the mind and leaving you with a sense of accomplishment and empowerment. This class will provide a physical experience and will also help you find balance, focus and calm. Suitable for beginners!

*Please bring a yoga mat.*

*As with all  
our events,  
No Minors  
please!*