

Therapeutic Yoga Almost-Summer! Mini-Retreat!



Saturday, May 13

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 almost-summer, 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.

Makes a great Mother's Day gift for yourself, or from your family!

Includes light snacks, a special gift bag, handouts and more.
Only 10 spots. These events fill quickly! Register today with Sue!