

COMMUNITY LIVING
Essex County



Presents...

Inspiring Possibilities

YOGA WITH cocoyoga

A FREE 4-part Outdoor Yoga Series for ALL!

COCO IS A TALENTED AND EXPERIENCED INSTRUCTOR WHO INCLUDES ADAPTIVE AND MODIFIED METHODS SO THAT HER CLASSES CAN SUIT EVERYONE FROM BEGINNER TO ENTHUSIAST. COME AND JOIN US AS WE STRETCH OUR WAY TO A MORE ACTIVE, FLEXIBLE AND ZEN LIFESTYLE!

Dates: October 4th, 6th, 11th & 13th

Time: 1pm - 2pm

Location:

Optimist Park

1075 Ypres Boulevard,

Windsor ON

Please check

www.cocoyoga.ca on the day of class for any last minute changes



www.communitylivingessex.org

WWW.COCOYOGA.CA