Children's Treatment Network

Lunchtime Donation Yoga Class

Let's support our CTN Family Fund.
Donate what you can and enjoy a 30-minute **Gentle Yoga and Mindfulness** practice!

Visit Children's Treatment Network – CTN's Family Fund to donate

Where:	In-person or Virtual (via Zoom) Children's Treatment Network Oak Ridges Site 13175 Yonge Street, Richmond Hill ON
When:	Monday, January 13, 2025 & Wednesday, January 15, 2025 From 12:15 – 12:45 p.m.
How:	Register today! Email mindbodyflowyogaot@gmail.com Space is limited

Yoga sessions hosted by:



Lesley Visconti
Registered Yoga Teacher RYT 200
Vinyasa/Hatha/Yin/Mindfulness Occupational Therapist OT Reg. (Ont.)