



Learn a bit of anatomy while getting in touch with the marvel that you are!

**SUNDAY
2-4PM**

Jan. 19th

SELF-CARE MINI-RETREAT

BODY AND BREATH AWARENESS

Using a combination of yoga, self-massage, movement and visualization, find your way to a deepening sense of relaxation and cooperation within your body.

Using your hands in coordination with your breath, bring increasing new awareness and healing to relieve tension and pain. Fee: \$25/student.

REGISTRATION REQUIRED: workshops@robinfaye.ca (807) 632-6591