

New to Thunder Bay:

YOGA FOR ROUND BODIES

6 SATURDAYS – JANUARY 11 – FEBRUARY 15

3:30-4:30 PM - \$95



CEDAR GROVE COMMUNITY ACUPUNCTURE CLINIC
219 ALGOMA ST. SOUTH



Learn to practice beginner Hatha yoga and restorative postures in a safe, supportive, and small class designed specifically for students with round bodies. Please call instructor Robin Faye to register, or with questions: 632-

6591. www.robinfaye.ca