

YOGA FOR HEALING AND STRESS RELIEF

8 WEEKS TOWARDS OPTIMAL HEALTH

CARLETON PLACE

Tuesdays 10:00-11:30 am *

30 March to 25 May (no class 27 April)

132 Coleman St. Carleton Place

www.yogartmatrix.com

YOGA STATION

ALMONTE

Thursdays 10:30 am-12:00 pm *

1 April-27 May (no class 29 April)

500 Ottawa St., Almonte

www.risingsunyoga.ca



KEMPTVILLE

Tuesdays 1:30-3:00 pm *

30 March to 25 May

(no class 27 April)

28 Prescott Street

(613) 258-5775



* Following each 1.5 hour class is an optional opportunity for a 30 minute personal development exercise (included in the course fee).

STITTSVILLE

Mondays 6:30-8pm *

12 April to 7 June (no class 26 April)

8 Sweetnam Dr., Stittsville

www.coachingnavigator.com



LIMITED SPACE, PRE-REGISTRATION REQUIRED

\$160 PLEASE REGISTER BY MARCH 20TH

Registration fee includes 8 transformational yoga classes plus *Yoga for Healing and Stress Relief - 8 Weeks Towards Optimal Health* book and audio

WWW.RISINGSUNYOGA.CA