

RESTORATIVE YOGA CLASSES



RELAX, RESTORE & RENEW....

*A much needed break from the hustle of everyday life.
Take some time for you!!*

Join us for any or all of the following 2 hour classes:

Friday, October 21st 2pm—4pm

Monday, October 24th 6:30pm—8:30 pm

Friday, November 4th 2pm—4pm

Wednesday, November 30th 6:30p—8:30p

Friday, December 2nd 2pm—4pm

Wednesday, Dec. 14th 6:30—8:30pm (candlelight)

Investment: \$25.00/class or 3 classes for \$70.00 + hst

Registration is required online or contact Lisa



Join us in our bright and peaceful studio, overlooking the garden.

Be inspired! visit www.theyogahouse.co
3 Thompsons Rd., Penetanguishene, ON L9M 1L3 705-549-1352 info@theyogahouse.co