

YOGA

WITH CAROL WALLACE

STRETCH, BREATHE & RELAX
RELIEVE STRESS, IMPROVE
FLEXIBILITY & STRENGTH

Classes:

Gentle For Beginners & Continuing Students
∞ No Experience Necessary ∞

Multilevel For Beginners & Continuing Students
∞ No Experience Necessary ∞

Intermediate
∞ 2 Years Of In-Class Yoga Experience Required ∞

For Further Information &
To Register Contact: Carol: 693-7259

Classes Located at YMCA Play and Learn Childcare Centre
Corner of Montgomery St & 10th Ave NW, Moose Jaw, SK

∞ Please Bring A Yoga Mat ∞