



Winter Yoga Classes

Are you looking for a way to settle a busy mind, ease away some of the pressures of daily living, or to relax and reconnect with yourself?

Join us for **Winter Viniyoga Classes**
at the
River Valley Wellness Centre

Classes start: Wednesday, January 25, 2012

Classes are every Wednesday for 8 weeks

7:00 pm – 8:00pm

Cost: \$120.00

To register or for more information contact Erica at:

Phone: (506) 328-6852

Email: ericahull_8@hotmail.com

Or visit our website for more programming information at:

<http://www.rivervalleywellnesscentre.com>

**** Spaces are limited, So Signup Soon****