

NEWS

Spirit In Motion Yoga



***Deepening Your Source
A Yoga Workshop with
Jennifer Steed***

Thursday, May 13, 6:30-9pm

www.jennifersteed.com

Gazing inwards in our exploration of gentle asana (postures), you will be given plenty of time and space to sense, to listen, to respond.

Nothing to push for, nothing to accomplish...

Simplify your experience on the mat to reveal a deeper gentler flow in your life.

Also includes meditation and sound explorations.

Cost: By Donation (\$20 suggested)

To Register: Call 403-320-6763

Stretch your body! Wake up your soul!
www.spiritinmotionyoga.ca