

Gentle Yoga Classes For Seniors

FREE
All Levels of
Experience
Welcome!

At Colborne Library



Friday, December 2nd 11am

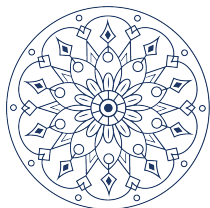
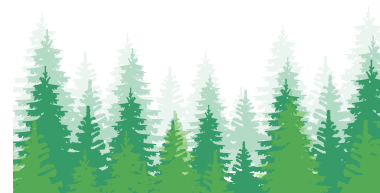
Heart Centering:

Poses, Stretches and Yoga's philosophies of the Heart

Friday, December 9th 11am

Breath Made Beautiful:

Fall in love with a vast variety of breathing practices



Friday, December 16th 11am

Sound Healing:

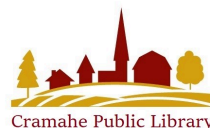
Mantras and Chanting and Sanskrit oh my!

Contact us to register!

Restarts January 6th. Continuing every Friday until the end of March!



Contact Us:
info@cramahelibrary.ca
Colborne Library 905-355-3722
Castleton Library 905-344-7320



Ontario