



WEDNESDAY'S YOGA & WELLNESS 4:45-5:45PM

FEBRUARY 6th, 2019 *Yoga-for beginners, a gentle/low impact class, suitable for all skill levels. Series lead by student-teacher. Mats/blocks are available but you are encouraged to bring your own mat/blocks/towel/blanket, and please bring water to drink, PLEASE register. ☺

Call Wendy if you have questions or need more information. Miigwetch!

Held at the *Zagaa-idiwin Headstart Building*

(ZAHS)-UNFC 308 Butler Ave.

Phone 274-8541 ext. #728



BEGINNERS YOGA

GREAT FOR
LEARNING @
FLEXIBILITY AND
BREATHING

MINIMUM 3-4
PARTICIPANTS
REQUIRED

UAHLP-UNFC

616 Mowat Ave.

Fort Frances, ON P9A 3N1

Follow us on Facebook!

Stop by the office or

Call Wendy @ 274-8541

For more information