

YOGA

INNER PEACE FOR DAILY LIVING

“Yoga is not just repetition of few postures – it is more about the exploration and discovery of the subtle energies of life.” A. RAY

R.I.S.E.

RECLAIMING INTERNAL
SELF-CONFIDENCE
AND ESTEEM

WORKSHOPS
FOR WOMEN

WHO HAVE EXPERIENCED
ABUSE

THIS WORKSHOP PROVIDES:

- An introduction to Iyengar Yoga
- Enhancement of strength, stability, and alignment
- Guided poses for every level
- A restful ending to the practice

PLEASE WEAR COMFORTABLE CLOTHING

MATERIALS WILL BE PROVIDED (YOU ARE WELCOME TO ALSO BRING YOUR OWN)

“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.”

– B.K.S IYENGAR



DATE

March 26, 2019

LOCATION

Catholic Family Services of
Toronto
245 Fairview Mall Dr.
Suite 201

TIME

6:30 - 8:00 PM



This free workshop does not require pre-registration.
For more information contact: 416 222-0048

