

# 21 Days to Better Sleep

**with Glenda Sartore**

Day 1: **January 21**, 1:00-3:00pm

Day 21: **February 4**, 1:00-3:00pm

Cost: \$129 (\$99 members)

21 Days include:

- Above workshop dates
- CD for guided daily practice
- Daily e-mails for guidance and inspiration

Yoga techniques including physical postures, meditation and breathing to help you find a better sleep.



**Register:**  
**780-416-4211**

#206, 2016 Sherwood Drive  
Sherwood Park

[www.yogafortoday.ca](http://www.yogafortoday.ca)

