

Women's Wellness Yoga Workshop



with Laara Delain

Saturday, February 4

12:30-3:30pm

\$50 (members \$45)

Tap into the Sacred Feminine in
this afternoon yoga workshop.

- Experience the **grace** of Kundalini Yoga specifically for women's health and wellness
- Learn about **diet and detox** to assist you in radiantly living your life to the fullest
- Dive into the **quiet of your soul** in mindful meditation
- **Bliss** in the company of Women!

This workshop is for beginners or experienced yogi's so bring your mother, sisters, daughters and friends. This is for all women!

Register:

780-416-4211

www.yogafortoday.ca

#206, 2016 Sherwood Drive
Sherwood Park

