

# Mother's Day Partner Yoga

with Rita and Stefanie Maltais

**Saturday May 12, 2012**

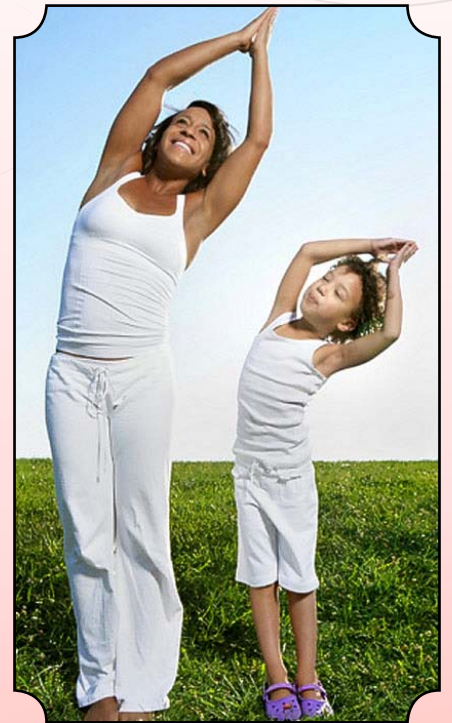
1:00 - 3:00 pm

Join Rita and her daughter Stefanie for a fun afternoon of Yoga followed by tea and cake.

**Stretch and strengthen** your body and relationship. Explore your range of motion with someone special as you are guided through partner yoga poses and partner assisted poses. Suitable for all skill levels and abilities

Cost: \$40/pair

Members bring a guest for \$35



**Register: 780-416-4211** [www.yogafortoday.ca](http://www.yogafortoday.ca)

