

WEIGHT REGULATING CLINIC

Start your new year off right!

with Gerda Krebs



Strengthen your body and energize your soul. Join Gerda for five days of yoga as she guides you through weight regulating poses.



Jan 1 - 5, 2018

Monday - Friday

6:00 - 7:30 pm

Cost: \$80

Members: \$75



Register Today!

#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . yogafortoday.ca

