

Yoga,

Breath & Voice

with David Wilson



April 15, 2018

10 - 1 pm

\$50 (\$45 members)



This fun, accessible and enlightening workshop is about Flow.

Using body, breath and voice we aim to increase energy, confidence, personal power, breath capacity, vocal power, stillness, ease and surrender.

This deeply meditative and extraordinary yoga experience will open your heart and leave you overflowing with bliss.

#206, 2016 Sherwood Drive • yogafortoday.ca

