

**r u feeling
stiff? tired? sore? down?**



**MOTION IS LOTION
feel better with**

ॐ CHAIR YOGA ॐ

**gentle stretching & strengthening
to deal with
the issues in your tissues**

**CLASSES ARE FREE
no tricky poses
NO EXPERIENCE REQUIRED**

**Please join us
THURSDAYS 10 – 11 AM
Tsartlip Health Centre**