



Tuesday's at 1:15

At Tsartlip Health this will be a 10-week program
Open to all ages – if you want to build strength for stability or recovering from injury or surgery – join us on Tuesday with Josh from Benecore Training
Benecore Training:
Josh and Justine are the owners of Benecore Training benetrain.com and they have a passion for helping others reach their health and wellness goals.

YOGA Every other Tues- NOV 30 AT 5pm- 6pm TSARTLIP HEALTH

My name is Sᑦᑭᑭᑭᑭᑭᑭ, Josephine Henry. I am from Wᑭᑭᑭᑭᑭᑭ, I live in Bᑭᑭᑭᑭᑭᑭ. I am a certified Yoga Instructor, completing my Yoga Teacher Training at the Fernwood Yoga Den in 2014. As attending yoga classes tends to be quite expensive, I pursued my yoga teacher training with the sole purpose of making the practice of Yoga affordable and accessible for our Wᑭᑭᑭᑭᑭᑭ communities. I enjoy offering a gentle practice that everybody can access and enjoy. I am happy to offer modifications to any pose so that all abilities can participate. I look forward to seeing the yoga enthusiasts and the new and curious alike!

Look forward to seeing you Tuesday – Open to everyone - all levels and skills welcome

TWO MORE EVENTS TO
ADD TO TSARTLIP
YOUTH PROGRAM
ROAD TO WELLNESS
10 WEEK PROGRAM

TUESDAY AT TSARTLIP
HEALTH: 1:15 TO 2:15
WITH BENECORE
TRAINERS
BENETRAN.COM

YOGA WITH JOESPHINE
HENRY
EVERY OTHER TUESDAY
AT 5 PM 6PM AT
TSARTLIP HEALTH

CONTACT: MUA OR
MARIE FOR MORE
DETAILS
LOOK FORWARD TO SEE
YOU TUESDAY

