

YOGA

with



MONDAYS

starting September 18th

5:30 pm

\$90 for 6 weeks

**10 registrants are required to run this class,
walk-ins accepted during the session**

Instructor: Gloria of Mi Tula Yoga

For more info or to register:

ph: 905-515-5850

mitulayoga@gmail.com

**Please bring a yoga mat and yoga blocks, if you have them
Early arrival to class is encouraged**



Faraday Community Centre
13 Lower Faraday Road

Brought to you in partnership with the
Faraday Recreation Committee