



Yoga Wellness

The Therapeutic Choice

#10, 8925 - 82 Ave.

WINTER WORKSHOPS

Yoga Practices & Principles for the

Complimentary Support of

Back Pain
February 5th

Depression
February 26th

Anxiety/Better Sleep
March 4th

Fibromyalgia
March 18th

10a.m. - 2p.m.
\$80

Register at www.yogawellness.ca
or call Edie Cassidy Registered Yoga Therapist
(780) 466-6548