



Columbus Centre Athletic Club
**YOGA FOR STRESS RELIEF
& RESTORATION WORKSHOP**

Sunday, December 16, 2018
1:00pm - 4:00pm

Learn a practical approach and specialized techniques to release from stress, tension, anxiety and depression as well as tools to restore health and well-being.

Easy to perform yet powerful yoga poses and meditation practices for both the experienced and beginner yogi.

INSTRUCTOR
David Pantano, RYT

REGISTER TODAY!
\$45.00 Members
\$60.00 Non-Members

Please register in person at the Athletic Club membership office.
For more info call 416-789-7011 ext. 213.

Columbus Centre Athletic Club
901 Lawrence Ave. West
villacharities.com

