



The Lily Garden Studio presents a workshop for everybody and every body

Want a great start to 2010? This workshop is for those looking for an introduction to all the basics for getting all the benefits your body can handle from yoga and how to apply them to your life!!

Where: Lily Garden Yoga Studio

Date: Saturday January 16, 2010

Time: 12:30-4:30pm

Price: \$45.00

Overview: Introduction to beginner yoga. Break down of poses, relaxation, breath and meditation techniques and a 2 hour class where we will combine everything! Leave feeling prepared for all your 2010 resolutions and ready to start your own yoga journey!

Props Provided. No experience required.

Yoga Teachers: Robin Abra and Jaime-lynn Wedde

Please contact the Lily Garden to reserve your spot today!

<http://www.thelilygardenstudio.com/contact.html>

call 250-612-8550 or email mooney@unbc.ca subject line Workshop 2010