

Chiropractic • Massage • Naturopathy • Nutrition • Orthotics • Yoga

**Live Well**  
Family Health Centre  
**YOGA**

**6 Week Session**

- January 18th to February 26th
- Small Classes 8 to 10 students
- Individual attention
- Mats, pillows, blocks provided

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>Hatha</b>		<b>Hatha-Yin</b>
<b>12 to 1 PM</b>		<b>Erika Yerly</b>		<b>Erika Yerly</b>
	<b>Yin</b>		<b>Hatha-Flow</b>	
<b>7 to 8:15 PM</b>	<b>Liz Whissell</b>		<b>Jessica Keats</b>	

**Reserve your spot now, space is limited!**  
**Please call 613.225.3339 to register.**