

CELEBRATING 10 YEARS at the Forward Motion Yoga Studio!! THANK YOU!!!



THEN

June 28 2016



CONSISTENT!

(some things don't need to change)



NOW

THANK YOU

everyone for making this
dream of mine become a
reality!

This dream to create

- * a safe, intimate place to practice Yoga
- * a Meditation oasis
- * an environment to heal
- * a nurturing space to grow
- * a peaceful retreat to explore
- * a learning centre to expand
- * a home to find inner peace
- * a community of teachers & students to help all of us move in a Forward Motion direction!!

10 years!

10 weeks!

10 prizes!

In each of the next ten weeks, one of you will win a prize from Forward Motion Yoga! It could be anything from a new Yoga bolster, to a Specialty Workshop, to one of 2 grand prizes of a 6-class flex pass or a 13-week Yoga session!

Prizes will be drawn every Sunday night. Check out www.forwardmotionyoga.com to see who the lucky winner is. It just may be YOU!

You have check to claim your prize!

Love & Namaste