

Yoga & The 7 Spiritual Laws of Success

A Yoga class

Unlike the course, no discussion, no movie, just you and your body & your breath

7 Weeks

7 Laws

7 Chakras

7 Mantras

7 Chants

7 of us!



This class was designed with **YOU** in mind, those of you who have completed the LearnHowToSTARTMeditating course. Each week, we'll revisit the 7 Laws & Mantras through Yoga poses, Meditation and Chanting as well as delving into the associated Chakras as they relate to each Law.

Only 6 spots available!

This is a Yoga Class!

Thurs. evenings, 6:30pm - 7:45pm

Nov. 10, 17, 24, Dec. 1 & 8 Break for Christmas Jan. 5 & 12, 2017

\$197.75 (tax in)

THANK YOU

NAMASTE

I'll be your guide, Cheryl 905 294-1813

"I'm LOVING this class & can't wait for Thursday evenings to come around again. I always learn something from every class and find that invigorating." RF