






JOIN OUR COMMUNITY YOGA GROUP CLASS


THE CLASS WILL BE HELD EVERY FRIDAY

 5:00pm to 6:00pm


 Serenity Studio

 2nd December 2022


Sound Healing Yoga
with Rose F.

 9th December 2022

Yoga with Assist
with Amy

 16th December 2022

Yoga Flow
with Lisa S.

 23rd December 2022

Hot Detox
with Bill W.

For Members: \$5 and or a food pantry item/Winter coat

For Non- Members: \$10 & food pantry item/Winter coat

100% of the donations will go to 'Vision's Winter Coat Drive'

Bring a friend! Members and Non-Members are welcome.

Please no expired food items

