

University College of the North

START DATE: FEB. 14

TIME: 6:30 P.M. TO 7:30

Take time to reflect
inward, stretch, strengthen
and renew in this Yoga
Session.

UCN Gymnasium

Wednesday Evenings (6 weeks)

Feb 14, 21, 28, March 7, 14, 21

Cost: \$50.00 per session or

\$10.00 drop in fee per class

FREE FOR UCN YOGIS/PARTICIPANTS

Register by: Feb. 9, 2018

CONTACT PERSON:

DENISE DUNCAN

204 627-8535 OR 204 617-9277

EMAIL: DDUNCAN@UCN.CA

TIME
TO
SO
YOGA

If you are depressed you are
living in the past. ☯

If you are anxious you are
living in the future. ☯

If you are at peace you are
living in the present. (Lao Tzu)

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