

MIND BODY AND YOGA

Facilitated by
trained Yoga
Instructor

Shruti Patel

Therapeutic group combining
mindfulness and yoga!

Aug 07-Sept 25, 2019

Wednesdays
12:30-1:30 pm

1541 Jane Street
The Jane Street Hub
1 token per person

**Call 416-645-7575 ext 2050 to
register! Limited spaces available.**