

healthy hips & supple shoulders

A 4 WEEK SERIES WITH CASEY READY

SATURDAYS AT 130PM-3PM

JULY 29

AUGUST 5

AUGUST 19

AUGUST 26

\$15 PER CLASS OR
\$50 FOR ALL 4 CLASSES

To register, contact Casey at:

catherineready@trentu.ca or 705-772-9037.

Casey is an intern of Inner Quiet Yoga (200hr YTT).

Proceeds to be donated to CCRC.



salti yoga