

Calming Panic & Anxiety

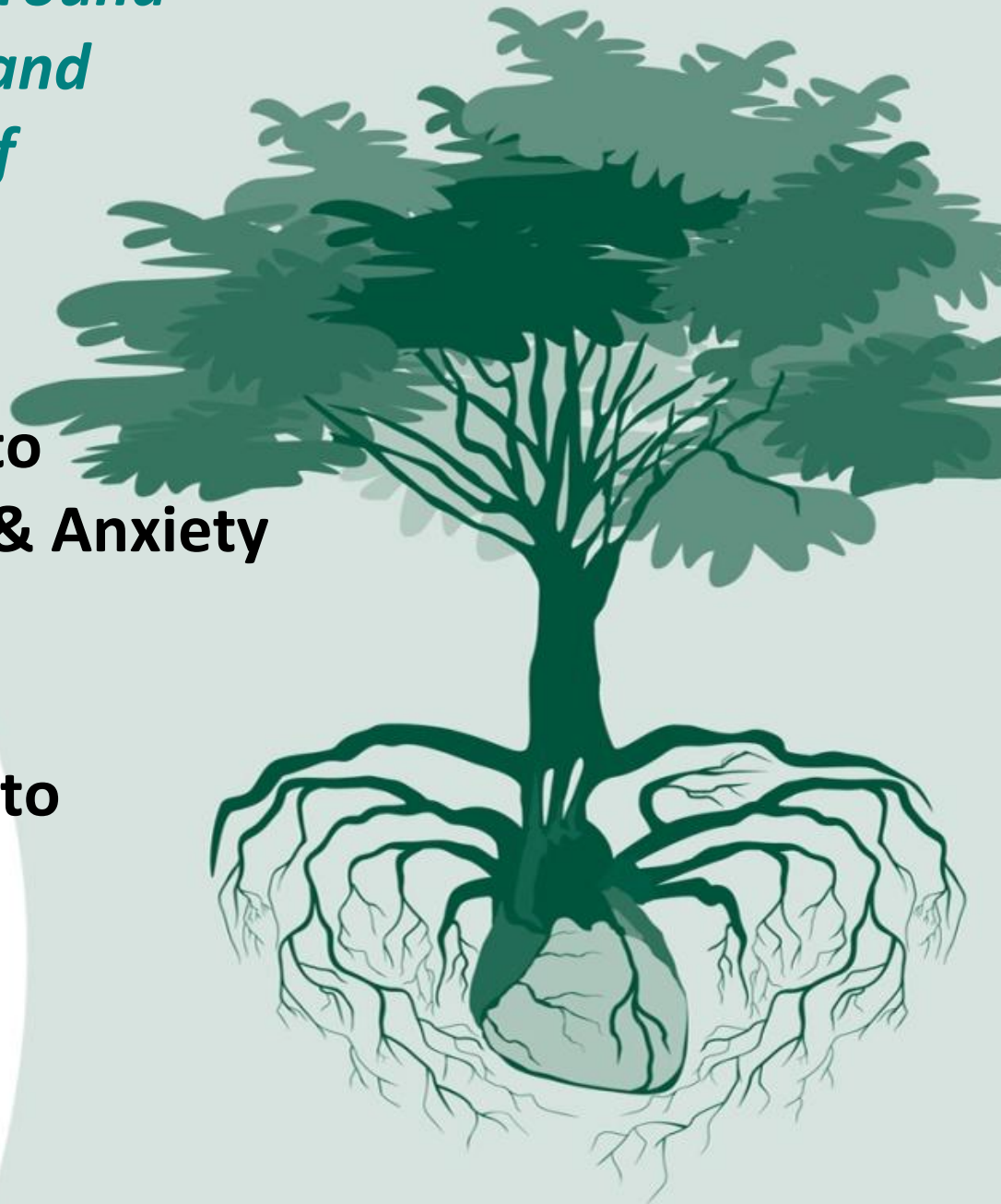
*Root into the ground
of your being and
anchor yourself
there*

Part I: 5 Steps to Calming Panic & Anxiety

Sunday, February 12
10:30 a.m.– 12:30 p.m.
\$25 + optional booklet \$5

Part II: 5 Steps to Empowerment

Sunday, February 26
10:30 a.m.– 12:30 p.m.
\$25 + optional booklet \$5
Both workshops \$40



For information & to register: mountainview404@yahoo.ca 819 684-2084

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