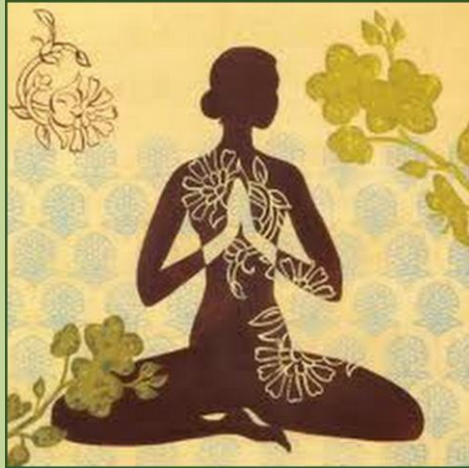


YOGA FOR WOMEN'S MENTAL HEALTH & WELL-BEING



Sunday November 13th
@ Planet Botanix, 301 Bank St.

Come out and support a great cause by practicing yoga! Connect your mind, body & soul and improve your overall well-being while also making a difference in the lives of other women and their families.

Gentle Hatha Yoga 1:30pm - 2:45pm
Vinyasa Yoga Flow 3:15 - 4:30pm

Classes are donations-based with all proceeds going to support
the WOMEN'S MENTAL HEALTH PROGRAM at the
ROYAL OTTAWA HOSPITAL

*As space is limited, please contact me to let me know which class (or classes)
you will be attending*

Ana Skarakis, Certified Yoga Teacher
613.882.6986 / ana.skarakis@hotmail.com