



**Laura Golden invites you ~**

## ***Relax with Yoga and Meditation***

Laura will lead gentle yoga stretches followed by a variety of relaxation and meditation techniques, including breath, colour, sound, visualization. Each class ends with silent meditation.

In this way, participants can expand their repertoire for home spiritual practice.

Where: Yoga Centre 111 Principale N.

When: every other Tuesday

May 3, 17, 31 / June 14, 28 7:30 to 8:45 PM

Cost: \$15. Come join us.

**Laura Golden, MA, yoga teacher, art therapist,  
Reiki master**

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