



**Wellness**  
GARAGE

Lifestyle Medicine Clinic



# EASE INTO FALL

## With Yoga & Meditation 101 Workshops

Six week sessions beginning September 24th & 27th

**Are you new to meditation and want to learn more? Or just curious what it is all about and don't know where to start?**

Wellness Garage is excited to offer you a place to explore the benefits of meditation in a supportive setting. Meditation is known to decrease stress and foster creativity, while improving mental clarity and energy. It is an excellent tool to incorporate into your daily routine, especially during times of distress. Whether you're going through a breakup, handling work challenges, dealing with physical illness or just looking for a sense of calm in your life, meditation can focus your internal lens, bringing you greater clarity and peace.

First session starts Tuesday, September 24th from 9-10 am and runs for six consecutive weeks.

**Are you interested in Yoga, but don't know where to start? Do you have some experience but would like to deepen your understanding and increase your confidence on the mat?**

Wellness Garage is excited to offer a Yoga workshop series for students to discover what the true practice of yoga is really about. This workshop is designed for someone who is starting out or looking for a more integrated, authentic style of yoga. Practice will include traditional concepts of yoga poses to open and release tension out of the body, breathing exercises for reducing stress and simple meditation techniques for incorporating mindfulness into your life. Classes will progress throughout the series.

First session starts Friday, September 27th from 9-10 am and runs for six consecutive weeks.

**\$150** | **FOR 6 SESSIONS**

**TRACY SUNDBO**  
Yoga & Meditation  
Teacher



Sign Up at [wellnessgarage.ca/experiences](https://wellnessgarage.ca/experiences)  
or contact [tracy@wellnessgarage.ca](mailto:tracy@wellnessgarage.ca)