



Wellness
GARAGE

Lifestyle Medicine Clinic

Yoga 101 Workshop

Wellness Garage is excited to offer a series of yoga workshops for students seeking to discover what the true practice of yoga is really all about. Perfect for someone who is just 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.

4
weeks

Where

Wellness Garage
15165 Russell Avenue,
White Rock, BC

When

Friday Mornings
from **9:00-10:00am**
Starting **Friday, May 24th**

Cost

1 session **\$15 WG Member/
\$20 Non-Member**
4 sessions **\$60 WG Member/
\$80 Non-Member**

Space is limited to 6 participants per session!

Reserve your spot by contacting Tracy
tracy@wellnessgarage.ca or call the garage at **604-535-7010**

