



Marcy's Yoga



YO Chee WORKSHOP

Friday 4–6 pm, Saturday 10am – 3pm & Sunday 9am - 12pm

October 14, 15 & 16, 2022

Weedon Pioneer Community Hall, Cochrane

Learn more about yoga and your body; take stock of your life
Set new intentions; See anxiety and stress dissolve
HAVE FUN!!!

In this workshop we will spend time in
restorative & yin yoga poses, qigong and meditation

**Beginners welcome. The seasoned yogi will also
find this workshop nurturing and fulfilling**

**Cost: \$190.00 to be paid in full prior to the workshop
(Payments can be made by e-transfer or cheque)**

Bring all your yoga equipment & bring a lunch for Saturday