



*Marcy's Yoga*



# YO Chee WORKSHOP

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

April 28, 29 & 30, 2023

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  
We will also be doing some Kundalini yoga

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 on Saturday

[www.marcysyoga.com](http://www.marcysyoga.com)