

# Controlling IBD & IBS: Yoga Therapy Workshop



**Monday, January 14<sup>th</sup>  
7:00 to 9:00 PM**

**Aurora Energy Center  
#3 - 505 23rd Street East**

**Absolutely no  
experience necessary**

This beginner-friendly yoga workshop will teach basic practices that can be effective in controlling various digestive disorders. The techniques are simple for anybody to learn and easy to practice at home.

This will be the last time this workshop is offered in Saskatoon. There will be an emphasis on developing a home practice and a handout will be provided.

Please register soon. Capacity is limited and fees increase after January 4<sup>th</sup>.

To register:

Please send your **name**, **phone number**, and **e-mail address**, with a **cheque** made out to "Jesse McCrosky".

Fees if received by January 4<sup>th</sup>:

**\$15 general**

**\$10 for students/seniors/unemployed**

After January 4<sup>th</sup>:

**add \$5**

Mail to:

Jesse McCrosky  
516 9<sup>th</sup> Street East  
Saskatoon, SK  
S7N 0B1

For questions please contact Jesse:  
**mccrosky@gmail.com** or **306-717-2213**.