

Yoga Therapy for Digestive Disorders



**Monday, January 14th
7:00 to 9:00 PM**

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

No yoga experience is necessary. No flexibility is necessary. The class will be extremely gentle. Everyone is welcome.

Wear comfortable clothing that you are able to move about in. If possible, do not eat for two hours preceding the class. Please arrive at least 10 minutes early.

To register, send the below, along with a cheque made out to "Jesse McCrosky" for fees to:
Jesse McCrosky
516 9th Street East
Saskatoon, SK
S7N0B1

Fees if received by January 4th:
\$15 general
\$10 for students/seniors/unemployed
After January 4th:
add \$5

Name: _____

Phone Number: _____

E-Mail Address: _____

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