

Yoga

Your own Greatest Adventure

The Pulse Generator partnering with Yoga
with Friends and Frik-shuhn Yoga &

Coaching presents:

Virtual Weekend Retreat

March 5 - 7, 2021

Fri. 6:30 -9pm, Sat.& Sun. ending 12 noon

In the safety of your own space enjoy

- 4 Yoga practices,
- 2 meditation
- 2 mindfulness sessions
- Community Connection

[https://clients.mindbodyonline.com/classic/ws?
studioid=679328&stype=-7&TG=26&sView=day&sLoc=0](https://clients.mindbodyonline.com/classic/ws?studioid=679328&stype=-7&TG=26&sView=day&sLoc=0)

\$75/person or come with a friend

\$125/2 people



joan.radford@ahs.ca
www.pulsegenerator.ca

