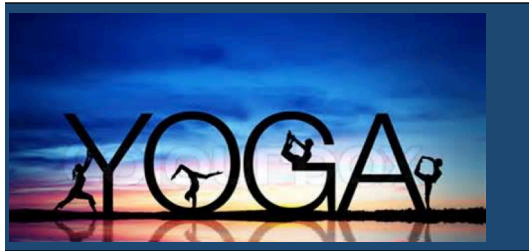


YOGA classes with Meditation, Pranayama (deep breathing) and Chanting. Full hour and ½ package with Lisa

Fridays ~10:00 am-11:30am

Wednesdays ~6:30-8:00pm COST: (\$15 drop in or \$50 Monthly)

Yoga & Meditation



BENEFITS:

- ✓ Releases tension
- ✓ Better your bone health
- ✓ Increases your blood flow
 - ✓ Boosts your immunity
- ✓ Drops your blood pressure
 - ✓ Lowers blood sugar
 - ✓ Relaxes your system
- ✓ Helps you sleep deeper
 - ✓ Helps you focus
- ✓ Improves your flexibility
- ✓ Increasing lubrication of the joints, ligaments and tendons
- ✓ Excellent toning of the muscles

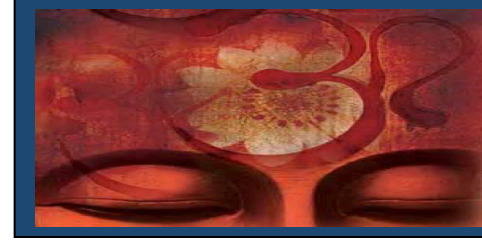
Pranayama (deep breathing)



BENEFITS:

- ✓ Improves the rate of breathing
- ✓ Reducing blood pressure
- ✓ Helps with the digestive system
 - ✓ Enhancing the functioning of several organs
- ✓ Removing the toxins
- ✓ Strengthening the immune system
- ✓ Assist in getting rid of negative emotions
- ✓ Improving the circulation
- ✓ Relaxes the body

Chanting



BENEFITS:

- ✓ Improves your concentration
 - ✓ Strength to vocal cord
 - ✓ Purifies the environment
 - ✓ Cleanses your aura
 - ✓ Removes toxin from your body
 - ✓ Self-healing power
 - ✓ Empowering
 - ✓ Soothing
 - ✓ Relaxing
 - ✓ Connects within
 - ✓ Peace of mind
- And so much more..

Call us today to reserve your Yoga Mat with Lisa @ 905-736-0563

Mats are supplied for Free

Let us help you bring tranquility in your life

Location ~ 23 Nature Line Lowbanks www.boostyourhealth.ca