



HATHA YOGA

Focus is on balance, flexibility and Meditation

Day: Mondays

Date: Sept. 28 to Nov 23

Time: 7 to 8pm

Cost: \$120 for 8 weeks

\$4 discount for THCA members

Where: Community Centre 30 Woodfield

For Info email: events@thca.c

NO DROP IN'

Register online at Thca.ca

Covid 19 protocols will be followed.

