

BEYOND

YOGA STUDIO & WELLNESS CENTRE

This Fall, Make Time For You

Hatha • Gentle • Restorative • Meditation • Power • Flow • Yin • Fusion

Teen Yoga Tuesdays • Baby & Me • Yoga for Full Figures • Intro to Yoga • Yoga Teacher Training

Bollywood Yoga • DJ Yoga • Goddess Night

JOIN US FOR OUR OPEN HOUSE!

SAT. SEPTEMBER 12th 9am to 12pm

FREE DEMO CLASSES*, DRAW PRIZES & BEYOND TEA HOUSE



***Pre-register for classes at: beyondyogaottawa.com/classes/schedule/**

 **66 HEARST WAY, KANATA**

 **(613) 591-9642**