

Yoga for Healing And Stress Relief with Barb Pierce

STIMULATE YOUR BODY'S NATURAL ABILITY TO HEAL

Join Barb Pierce, innovative yoga teacher and life coach, for an 8 week body-mind-spirit healing program designed to bring awareness and healing to the origins of your physical and mental stresses.

Experience deep personal transformation through a unique blend of restorative yoga, guided meditations and personal development exercises to help you move beyond your current limitations and beliefs about life, health and wellness.

ALMONTE

Thursdays 10:30-12:00 pm

(7 Oct - 2 Dec) no class 11 Nov

optional 12:00 to 12:30 pm personal development exercise

500 Ottawa Street

www.risingsunyoga.ca



8 Weeks Towards Optimal Health

Limited space, pre-registration required: \$160 (includes book and audio)

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