

YOGA SERIES FOR SENIORS: IN-PERSON SESSION

Every Tuesday Starting September 10, 2024
4-Week Yoga Series

Please join us for an in-person 4-part Yoga Series Class. The session will be led by Certified Seniors Yoga Instructor Simone Narasa. No experience is necessary - we will guide you every step of the way. Don't miss out on this unforgettable experience!



Register by phone or email:
(905) 457-4747 Ext. 3018
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