



“The fewer our demands on life, the greater is our ability to see its bounty.”

– B.K.S. Iyengar



Thanksgiving Day Class

with **Janet MacLeod**

Thursday, November 22

9-10:30am

Before settling down to your Thanksgiving meal, nourish your body, mind and soul with a well balanced yoga class with Janet MacLeod.



Use your Basic Class-pass or \$25 drop-in