

# MORNING YOGA IN MANOTICK WITH ANNE STUBBS



Anne (Daya Anandi) is a dedicated yoga and meditation teacher with over 20 years experience in the fields of fitness, yoga and wellness. With joyful energy, skillful guidance, and a holistic approach to mind-body-spirit, she empowers her students to tap into their own inner wisdom to promote balance and harmony both on and off the mat. Come explore with her!

**WHERE:** 1140 TIGHE ST., MANOTICK, ON  
LOWER LEVEL IN DENISE SMITH DANCE STUDIO

**WHEN:** HATHA YOGA: 9:15—10:15 A.M. TUESDAYS  
YIN YOGA: 9:15—10:15 A.M. THURSDAYS AND SUNDAYS

FALL CLASSES BEGIN SEPT. 5, 2017  
SEE [WWW.YOGAIMBY.COM](http://WWW.YOGAIMBY.COM) FOR FULL CLASS DESCRIPTIONS.

**FEES:** DROP IN FOR \$15 OR BUY A CLASS PASS (NO EXPIRY):

5-CLASS PASS = \$70  
10-CLASS PASS = \$120  
20-CLASS PASS = \$216

NEW TO MY CLASSES? TRY YOUR FIRST CLASS FOR \$7.50!

TO PURCHASE A PASS OR FOR  
MORE INFO, CONTACT ANNE AT  
[YOGAIMBY@GMAIL.COM](mailto:YOGAIMBY@GMAIL.COM)  
613-692-5200

