

**MORNING YOGA IN MANOTICK
WITH ANNE STUBBS,
REGISTERED YOGA TEACHER**



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: 9:15 am–10:15 am

**HATHA YOGA—Tuesdays
YIN YOGA—Thursdays and Sundays**

FALL SESSION RUNS SEPTEMBER TO DECEMBER 2018.

FEES: DROP IN FOR \$15 OR BUY A CLASS PASS

**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:

yogaimby@gmail.com

Yoga, love, life... in my backyard and beyond

YOGA IN MY BACKYARD www.yogaimby.com