

# *Yoga with Susanne*

## **NEWS FLASH!**

*I am now taking registrations for the following seminars:*

- ↻ May 1<sup>st</sup> Restorative Yoga*
- ↻ May 15<sup>th</sup>, Yoga for Athletes*
- ↻ June 1<sup>st</sup>, Yoga for Women's Issues: PMS, Perimenopause, Menopause (with special guest: Dr. Karen Barnes, author of "Naturopathic First Aid")*
- ↻ June 12<sup>th</sup>, Restorative Yoga*

*No Yoga experience is required for the above seminars. Sign up early to avoid disappointment for these very popular seminars.*

## **BY POPULAR DEMAND!**

*Summer Session of Yoga with Susanne*  
*Registration is now available for this six-week session taking place on Monday evenings from 7:30 – 9:00 p.m. at Tansley United Church in the Loft, beginning June 20<sup>th</sup> to July 25<sup>th</sup>.*

*Contact Susanne for more information or to register  
(905) 315-8185 or [yogawithsusanne@aol.com](mailto:yogawithsusanne@aol.com)*