



MASON'S KITCHEN & BAR AT
SUN RIVERS PRESENTS

SANGRIA FLOW YOGA

Yoga for all levels with Nancy Hill, RYT

WEDNESDAYS | 6:00 PM

OCT 2, 9, 16, 23 (NO CLASS OCT. 30)

SUNDAYS | 10:30 AM

OCT. 6, 13, 27 (NO CLASS OCT. 20)
*FEAT. RESTAURANT LUNCH SPECIALS

\$15 DROP IN

INCLUDES YOGA & SANGRIA DRINK VOUCHER



Nancy has been practicing and studying yoga for over 20 years. She believes yoga can be for everyone so come as you are and work within your personal limits. Her classes focus on breath work, meditation, and physical practice - bringing all three parts together.

For more information contact Nancy
@ 250-367-6529 or cosmo87@telus.net