

# Yoga for Healthy Living

Wednesdays

Apr 8 & 22,

May 6 & 20,

June 3 & 17

10:00-11:00 AM

Learn while enjoying the physical & wellbeing benefits of yoga.

Please bring your yoga mat!



St. Mary Magdalene Church Hall  
537 Route 105, Chelsea



With special guest **Lynda Pedley**, MBA, Professional level registered yoga teacher, Certified Yoga Therapist, Certified iRest® Meditation Teacher, Integral Master Coach™, and Certified Personal Trainer.

**This activity is offered in English**

This initiative is made possible through funding from:

Secrétariat aux relations  
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CHSSN

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**Register at:**

**[centreconnexions.org](http://centreconnexions.org)**

Questions?

819-557-0615 or

[info@centreconnexions.org](mailto:info@centreconnexions.org)