

# Mindful Flow Yoga

Tuesday nights  
starting

**Oct. 16**

6:45 - 7:45 pm

\$60/6 weeks

or \$12 drop in

All levels welcome, no  
experience necessary.  
Please contact Paige  
if you have any  
questions, or to  
register 519-717-1308  
FB "The Yoga Paige"

At the McKellar Community Center,  
701 Highway 124

*Take what you need*

love

joy

peace

courage

patience

understanding

kindness

passion

strength

free class

gentleness

freedom

truth

laughter

hope