



RESTORATIVE & NIDRA YOGA

Join us for a serene session of Restorative & Nidra Yoga, an oasis for those grappling with stress or sleep challenges. Conclude with a therapeutic journaling journey through PIES (Physical, Intellectual, Emotional, Spiritual), helping you declutter and reconnect with your inner self.

**OPEN FOR ALL
YOGA LEVELS**

**7:00 - 8:30 PM
Friday, November 24**

Fitness Studio 1 | Abbey Centre
Cost: \$10.50

Register today at www.blackfalds.ca/register