



Sue's Yoga announces a **Holiday Gratitude**

**Workshop: Saturday Dec. 17<sup>th</sup>**

**10:00-12:00**

St. John's Anglican Church,

Mill & Stafford Sts, Port Elgin.

Feel gratitude in the heart with mindful meditations, gentle stretches, heart-felt poses. Celebrate the miracle of your mind and your body.

Then... take your yoga off the mat and practice

“living your yoga ”

mindfully expressing gratitude for the blessings you receive every day in your life. Sometimes these everyday miracles are taken for granted.

The workshop will conclude with a guided meditation especially designed for keeping you in tune with your life's purpose: *Your dharma.*

Registration: \$20. At the door. Limited to 20 people.  
Mats provided.

Stay after the workshop for “a chip, a dip, and a sip”

and perhaps you'd like to drop off a non-perishable food item to the hamper destined for the food bank...

[info@suesyoga.com](mailto:info@suesyoga.com) (519) 832-2644 *Namaste*