



Sue's Yoga announces a "Healthy Heart" Workshop

Saturday Feb. 18th

10-12:00

St. John's Anglican Church

(Mill at Stafford, Port Elgin) (angle parking at the back as well as the side of the parish hall.)

- ♥ Learn about **Anahata**, the heart **chakra** or centre
 - ♥ Try some heart -opening flow, or **vinyasa**
 - ♥ Learn the meaning of **Namaste: Anjali mudra**
 - ♥ Scatter and plant seeds of love with **asanas** for deepening
- ♥ Expand the **wisdom of your heart** centre with meditation.

Registration: \$20. At the door. Limited to 20 people.
Some mats provided. Please bring a blanket for **savasana**.

Please feel free to indulge in some dark chocolate after the workshop.

Call or email for your spot. info@suesyoga.com

(519) 832-2644.