

Special Session

Treat yourself to this healing session of Restorative Heart-Centered Yoga with **Lyne Lantaigne**, a long-time yoga teacher, survivor and featured in The Future Is Mine DVD - "*Survivors Share Their Stories*".

Learn from her how yoga can help improve health, restore, rejuvenate and manage depression during this exclusive session.

Never done yoga before? All mats, and stretching straps provided just wear loose clothing and join in!

When: February 11, 2012

Time: 10:00 a.m. - 12:00 p.m. noon

Where: Creekside Community Centre - 2nd Floor - Dance Studio
1 Athlete's Way, Vancouver

Directions: <http://vancouver.ca/parks/cc/creekside/website/contact.html>

Parking: Street parking as well as under the Community Centre \$2.00 per hour

Open: Adults only – sorry no children at this session

RSVP:

A must...as there is maximum attendance

Contact:

Ann Coombs at ann@coombs.ca to RSVP

QUESTIONS?

Just give us a call at 604-733-9014



<http://www.facebook.com> – The Future Is Mine

Have you joined our FACEBOOK page yet? Wonderful offers and tickets available to FACEBOOK members.
Go to: The Future is Mine - Adult Burn Community