

YOGA WORKSHOP

Hosted by: Kate Thon & Heather Dunsworth

noun
PRAC-TICE:

Discipline through yoga postures and sequences.



Who:
All grade 9 to 12 student are welcome!

Where:
The Centre for Creative Arts
Upstairs Studio
9904, 101 Ave
Grande Prairie, AB

When:
Thursday, April 11th & Friday, April 12th
9:00AM - 2:30PM

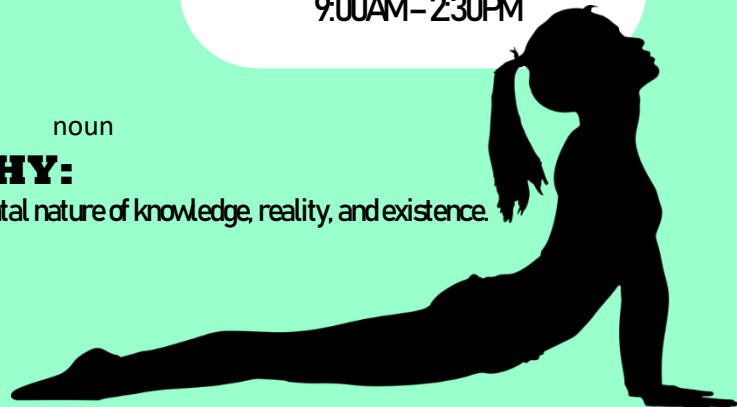
noun
CON-NEC-TION:

A relationship in which a person, thing, or idea is linked or associated with something else.



noun
PHI-LOS-O-PHY:

The study of the fundamental nature of knowledge, reality, and existence.



Join us for a free interactive yoga workshop where we will be going through the practice and philosophy of yoga!

High school students can earn 3 credits!

Registration:

Please contact Heather Dunsworth: HeatherDunsworth@pwpsd.ca