

# Yoga For EveryBODY

Margaret Davidson, Registered Yoga Teacher , will be offering Yoga For EveryBODY starting Wednesday Feb 14th at 6:30-7:30 PM. This 6 week program, held at The Lower Onslow Community Centre, will focus on bringing more positive energy into your life through themed classes and lots of gentle movement. Register by contacting Margaret at 902-897-1550 or [Davidsonm@seasidehighspeed.com](mailto:Davidsonm@seasidehighspeed.com) \$50.00 payment at the first class by cash, cheque or etransfer.