

Real!

Apprenticeship, Workforce Development
& Training



NORTHERN COLLEGE

Kundalini Yoga

With Elesha Teskey

6 Week Session ...

Date: January 28th – March 4th, 2010 (Thursdays)
Time: 6:30 pm to 8:00 pm
Fee: \$75.00 (G.S.T. Included)
Room: C103

Location: Northern College, Haileybury Campus
640 Latchford Street, Haileybury

Information: Yoga Mats are available



*No experience
required!*

Course Description ...

Kundalini yoga is called the yoga of awareness. Practicing it can help you become more focused mentally, relaxed, help you deal with the pressures of everyday life, strengthen your body and bring balance to your life.

Yoga is for everyone!

The Instructor...

Elesha has studied in Toronto at the School of Yoga and Natural Medicine. She is very excited to share this unique discipline with our community!

Contact Information

Sylvie Bennett or Lynda Hughson Tel: 705-672-3376 ext. 8828 & 8853
Fax: 705-672-2014, Email: nltraining@northern.on.ca

Work hard! Work well! Train constantly!

There will be no refund for cancellations received less than 1 week before a course.