

Recharge, renew and restore with Jeanne Mudie

Saturday January 28, 2012

Time: 2:30 - 6:00pm

Cost: 40\$ preregister /
\$50 day of

Now that the holidays are over and you've taken care of everyone else - it's time to turn your loving attention inward. Join Jeanne Mudie for a 3.5-hour restorative workshop that will help boost your immune system, ease fatigue and restore your energy for the new year. No previous experience with restorative required. All levels are welcome. Maximum 30 people

Ashtanga Yoga Montreal
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