

# Vinyasa Yoga Classes

**With: Vana Dineshkumar**

Starting:

Fridays:

March 2nd to June 22nd  
6:30 pm - 7:30 pm

Wednesdays:

March 7th to June 20th  
1:00 pm to 2:00 pm



**Cost: \$100.00 for 8 classes.**

Please call or email to book your spot.

For a list of items to bring, you can contact the office at 905-420-1443 or [pickchiro@bellnet.ca](mailto:pickchiro@bellnet.ca)



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