



NOOJIMOWO-ODE | HEALING  
HEART YOGA

# GENTLE YOGA FOR BEGINNERS

TRUDY B. JACOBS, RYT

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**DATE: NOVEMBER 21, 2018**

**TIME: 6:30 P.M. – 7:30 P.M.**

28 JOSHUA CRESCENT  
EMPLOYMENT & TRAINING CENTRE

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**A healing approach to beginner's yoga, introducing poses that** will gently stretch and strengthen your muscles while supporting your joints and spine. (Benefits of a child pose: Child's Pose helps you to relax and breathe into your back. It also stretches hips, thighs, and ankles, and may help relieve neck and back pain.)

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