

Winter Mini-Retreat

Saturday, December 2

9:30–12:30pm

\$62 plus GST



Join me for 3 hours of pampering yourself through nutritious movement! Using the tools of pure movement, breath, stillness, reflex integration & rhythmic movement, and much more, you will leave feeling more freedom in your body, more balance in your emotions and more peace in your mind, and with a list of movements you can continue on at home.

Perfect for *every* body.

Includes light snacks, a lovely gift and more.

Only 10 spots. Register today with Sue!