

FEED
your
Soul

Feed our
COMMUNITY

Help support the Lake Country Food Bank
Come enjoy a
Special and *Festive LA YOGA* experience!

Thursday, Dec. 11
8PM

Winfield Memorial Hall
(please, bring your own mat :-)

By Donation

100% of the proceeds to the Lake Country Food Bank
Non-perishable food items, unwrapped Christmas gifts,
gift certificates, cash...

Help us to Fill the Van!

Feel the magic of sharing, by expressing through yoga
the joy in our community.

Presented by

healing + happiness



LALIFESTYLES.CA
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DREAMotion.ca

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your home is where my heart is
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