

THANK YOU TO THE COMMUNITY INITIATIVES FUNDING



GULL LAKE RAC

VINYASA FLOW YOGA

with Courtney Allen



When: Sundays | 7-8pm
March 1, 15, 22, 29

Where: United Church Basement

Cost: \$20/4-class session

thanks to CIF funding

Participants must register for all 4 classes by emailing gull.lake.rec.sk@gmail.com

Participants should bring a yoga mat.
Bocks and a blanket are optional, but nice to have.

www.GullLakeSk.com