

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](mailto:gull.lake.rec.sk@gmail.com)**

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

[www.GullLakeSk.com](http://www.GullLakeSk.com)