



Namaste yoga friends :)

Join us for 60 minutes of a Hatha Yoga class

Bingham Park (The Butterfly Park) at Wilson and Blake Street in
Goderich

Saturdays 10:00 am starting July 3, 2021

Pay as you wish with all proceeds donated to
Parkinson of Southwestern Ontario.

Thank you for your generous support and for making last summer's event a great success. Bring your mat and water bottle. Three metres social distance observed.

Please contact Lise by email at lise.ellacott@gmail.com or text 519-503-3443 to reserve a spot. *(24 participants maximum allowed at this time)*