



## DIABETES EDUCATION PROGRAM

409 Parliament St, Ground Floor  
Toronto, Ontario M5A 3A1  
Phone: (416) 603-0336  
Fax: 416-603-8068

*Yoga for  
every  
"BODY"*

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# FREE YOGA with ANN

## Men & Women Welcome!



### Join us and learn all about:

- Yoga for beginners
- Gentle Movement and Stretching
  - Breathing Exercises
- Introduction to Meditation

**Where: 409 Parliament Street, Ground Floor**

**When: Every Wednesday from 5:00-6:00 pm**

**Who: Men and Women. Beginners are welcome :)**

Please wear comfortable clothing  
Yoga mats and water will be provided