

Heart Health Yoga Classes

Based on MBH (Mindfulness and Breathing-Based Healing/ DSBH Therapy)

MOST BENEFICIAL exercises with Definitive role in prevention.

Especially designed to prevent Stress, Heart Diseases and Stroke

Brought to you by



Heart and Stroke Foundation

&



SAVY Yoga Studio

Days & Time: Every Tuesday and Thursday, from 5 to 6 pm (8 classes)

Donation: Minimum suggested donation is \$96 + HST

Join SAVY Heart Health Yoga Classes and save precious time, money and lives!

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com

HEART HEALTH YOGA CLASSES
519-701-2609 savyint@gmail.com
www.savy-international.com