



# Exploring Yoga Connecting Mind, Body & Spirit



**Saturday, January 27<sup>th</sup>, 2018**

Doors open & coffee 8:30 a.m.

Speaker 9:00 a.m.

Bevvies, muffins & roundtable discussion 10:00 a.m.

## *Michelle McNeill*

*A certified yoga, mindfulness & meditation instructor, Michelle will explain the origins & spiritual side of yoga & how to integrate these teachings into your every day well-being. The morning will conclude with seated mindfulness exercises. Michelle is known for bringing a sense of peace, wisdom & awareness to life & her classes. [www.embodiedwisdom.ca](http://www.embodiedwisdom.ca)*

Tickets, \$10.00/person,  
available after worship services & in the office from  
January 7<sup>th</sup> until January 22<sup>nd</sup>, 2018.



***A Together Growing in Spirit Event***

Charleswood United Church  
4820 Roblin Blvd.  
Winnipeg  
204-832-3667