

Yoga & Art

with
Christel



Tap into your Creative Spirit

On Sunday, 3 November 2019, 1-4 p.m

at **Benders Yoga**, 32-1828 Blue Heron Dr, London, ON

Cost: \$65 | Register through <https://www.bendersyoga.com>

Enjoy an engaging yoga practice then experience intuitive *art* making. This is a simple and *fun* self-care practice to *explore* your creativity and relax. Find your flow and *be inspired*.



Meet yogi Christel Bodenbender,
MA, Certified Art Therapist,
Registered Yoga Instructor
(CYA-RYT 200)

<http://christelbodenbender.com>

Everyone welcome. No yoga or art experience required.