



# LET YOUR LIGHT SHINE BRIGHT

*An afternoon of Yoga and Spa for Teen Women*



**When:** Friday February 3<sup>rd</sup>, 2012

**Time:** 12:30-3:30 (PA Day for Secondary Schools)

**Where:** Indigo Lounge 264 Tillson Ave 519-688-1188

\$40 per person (includes supplies and light snack)

Sign up with a friend or ask to be put  
on our list for a partner for the afternoon.

Space is limited to 12 participants.

Facilitated by:

Laura Donelan M.S.W., C.Y.T. (Dancing Creek)

Kerri "Bija" Repta, C.Y.T, Spa therapist (OMagine Yoga Spa)