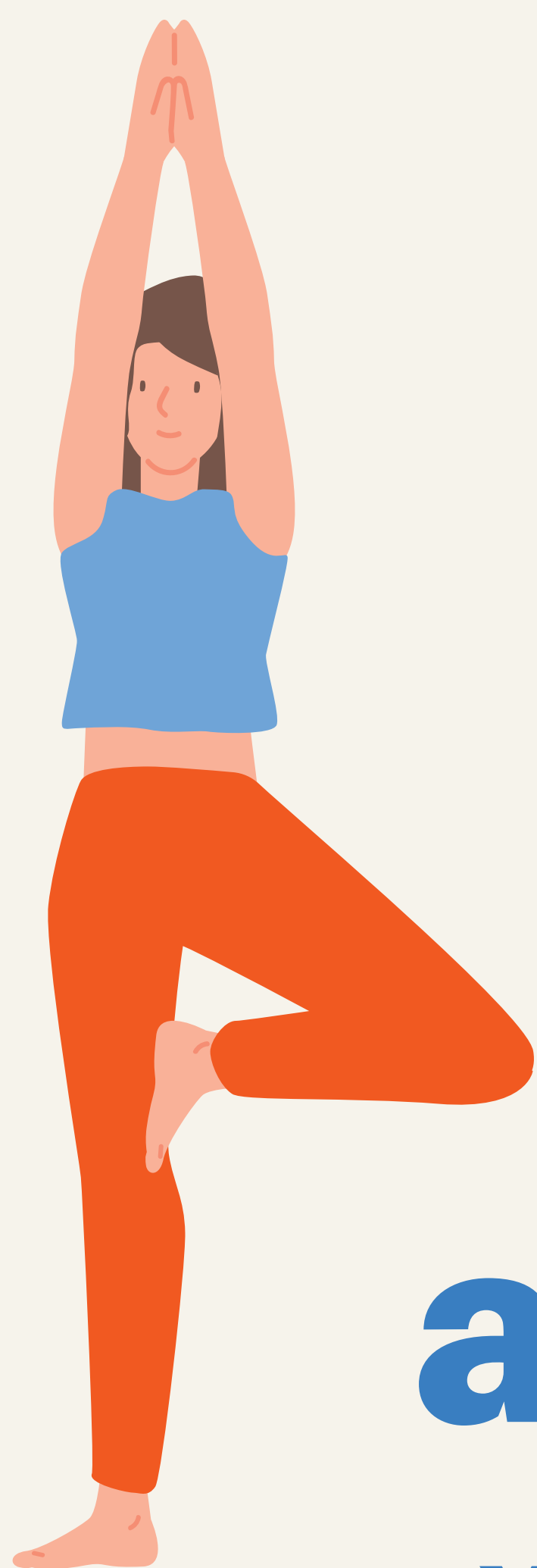


CAPSTONE



# Inner peace awaits outdoors!

**Yoga Tuesdays in Canada 150 Square**

Join us for free sessions by Love|Yoga|Grace, which bring together strength training, long-hold postures and meditation to rejuvenate mind, body and soul.

**Every Tuesday at 7:00pm from  
June 20 to September 26, 2023**

Remember to bring your own mat and props!

Love|Yoga|Grace

In case of poor weather the class will be held in the  
Love|Yoga|Grace studio at 5579 47 St #5, Red Deer, AB

[liveincapstone.ca](https://liveincapstone.ca)

