



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

