

Yoga Classes: Sacred Space for Yoga & Prayer with Brigitte Dupuis



8 Saturdays beginning Sept.23, 10-11:15 AM

A series of 8 classes learning the basic postures of yoga with a focus on Christ, including prayer and meditation to help reconnect body, mind and spirit.

All levels are welcome.

Bring yoga mat, comfy clothes and props, if you have.

\$80 Call 204-339-1705 or online www.stbens.ca.



Brigitte has been practicing yoga since 1995, became certified and has been teaching since 2004. She is also a graduate of the Shekinah spiritual direction program at St. Benedict's and enjoys dancing and choreographing dance.

St. Benedict's Retreat & Conference Centre
225 Masters Ave. Winnipeg, MB R4A 2A1
(just north of the Perimeter off Main Street)