

Workshops and more!

What Yoga workshop or Yoga practices to choose?

Based on your personal intention all Yoga workshops and practices are open to all persons willing to explore various possibilities of expressing and celebrating the vast yoga dimensions.

Yoga is 99% practice and 1% theory. A Beginners open mind is essential for each Yoga workshop and or Yoga practice.

NEW Conscious Cannabis Yoga Practice, are practiced every First Friday of the month for those wanting to explore Consciousness Cannabis Yoga using a micro dose of Cannabis (supplied) and enjoy a gentle mindful breath yoga practice to unwind their stressed mind and fatigued bodies after all these transitions in life. Deep connection to self and the vibrational frequency of your self is the practice. A responsible practice. This practice is for open minded and explorative beings must be 21 or older.

Who this Practice for: All willing to be empowered, 21 and older.

Where: 50 Oak Ave, River Drive Park, L9N 1A2, Ontario Canada

When: **To be announced**, 7pm- 9pm Tea/Water Cannabis included

How to sign up: email info@theresagagnon.com 10 people only

Investment: \$30 per person for practice, e-transfer and or cash to info@theresagagnon.com

More Friday 7:00pm dates: **to be announced.**

**Yoga for
Recovery,
Addictions, PTSD, Loss,
Depression**



**Real Authentic Yoga
Practices for all**