



PRESENTS

# Yoga for Good

On Sunday February 26<sup>th</sup>, join us for our first ever charity yoga class!

A great workout for novice and experienced yogis, the event promises to be a good time for a great cause.

Be sure to check out the silent auction and raffle items.

## Your \$15 ticket includes:

- \*One sixty minute yoga class
- \*A free gift from Hummingbird MediSPA
- \*Access to the exclusive silent auction
- \*All proceeds going directly to Breast Cancer Action

Class starts at 1:00 pm, at 4270 Innes Road

(GoodLife Fitness Women's Club, upper level of the Real Canadian Superstore)

**GoodLife**  
**FITNESS**

In support of



TICKETS ON SALE AT ALL HUMMINGBIRD MEDISPA LOCATIONS

