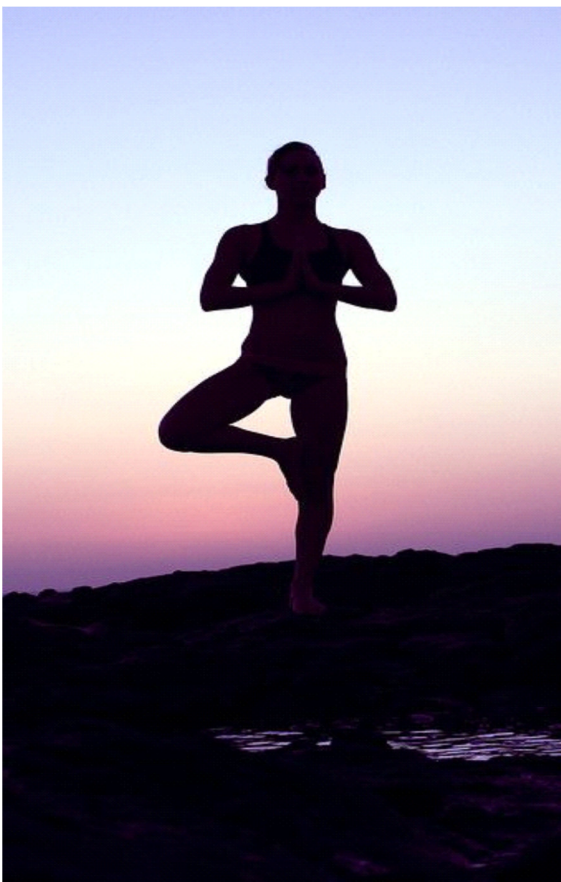


# **HATHA YOGA CLASSES**



**Proper exercise, proper  
diet, proper breathing,  
proper relaxation & a  
positive mental attitude**

**8 weeks commencing  
Mon. Sept. 17<sup>th</sup> at the  
Batawa Community  
Centre 6:30PM**

**To Register call City of Quinte West  
613-392-2841 ext 4414**