

# Yoga for Stress Relief

Gentle & All Levels Classes

at the Kincardine United Church  
9:15-10:30am on Mondays & Thursdays  
and 6:15-7:30pm on Thursdays



*Unwind.  
Let Go of Tension.*

This fall session is  
focused on increasing  
mobility and decreasing  
tension and stress.  
Beginners welcome.  
Registration is required.



**Beverley McLelland**  
*500hr+ RYT (Registered Yoga Teacher)*

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