



is pleased to offer A Freedom Seminar:

Yoga, Pranayama and Meditation



Come and learn about the amazing benefits of Yoga, Pranayama (the Art of Correct Breathing) and Meditation. Discover how these applying these practices can bring Harmony, Peace and Balance into your life now!

Join us - you deserve it!

This Seminar is held at: The Cardinal Golf Club, Kettleby, Ontario
2740 Davis Drive West (formerly Hwy 9)

**Please call to reserve upcoming dates or to
schedule at your location!**

Contact: U.S. [877-330-9988](tel:877-330-9988) • Canada [905-727-6223](tel:905-727-6223)

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