



WITH Courtney Walsh

Starting Thursday, September 15th

Golden Age Activity Centre

3:00-4:00

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Courtney is a certified yoga teacher. She began teaching in 2010 after taking her Yoga Exercise Specialist training. She continued to grow her practice and in 2019 travelled to Peru to take her 200 hr Yoga Teacher Training. She believes yoga can transform your life in so many ways and has used her own practice to find more meaning and peace in her life.

PLEASE NOTE THE DATE CHANGE