



First Annual YOGA FESTIVAL

June 25, 2022

10 am - 4:30 pm

Check in 9 - 9:45 a.m.

Festival Park at the Discovery Centre

8 concurrent Yoga sessions

- Hatha
- Vinyassa
- Restorative
- Yoga Nidra
- Trauma informed
- Yoga for fascial release
- Yoga for back pain
- Chair Yoga

Yoga can help with:

- pain management
- getting a good night's sleep
- stress relief and relaxation
- fitness
- and much more

Come and try a variety of different types of yoga and see what could be the right fit for you!

For all abilities. 18+ event

For more information: <https://riverbank.mb.ca/upcoming-events/>

Register today:

email: admin@riverbank.mb.ca
phone: 204-729-2141/204-717-8802

Registration Deadline:

June 17, 2022

\$15 early bird (May 30)
\$20 regular fee after May 30