

Developing Stability through the Holidays; A Meditation & Yoga Series with Hart Lazer December 8 - December 12, 2008

December 8 - December 12
6:30am - 8:30am
Monday through Friday
&
5:30pm - 7:30pm
Monday through Thursday
(9 sessions in all)

Price:

\$150.00 + taxes
if registered and fully paid
by November 15th, 2008.

\$200.00 + taxes
after November 15th, 2008.

To register, please make cheque
payable to United Yoga Montreal
and send to:

Len Blum
attn. United Yoga Montreal
48 Rosemont Avenue
Montreal, QC H3Y 3G7

OR payment can be done
in cash, by interact, visa,
or mastercard at the studio:

United Yoga Montreal
451 Ste-Catherine St. West,
suite 203
Montreal, QC H3B 1B1
514.849.7100

