

Join us for a
Yoga Fundraiser

for the

LU Labyrinth Project

Sunday, January 6	10 to 10:45 am	Family Yoga with Mayama
Monday, January 7	7 to 8:15 pm	Yoga with Mayama
Tuesday, January 8	5 to 6:15 pm	Yoga with Victoria
Tuesday, January 8	7 to 8:15 pm	Yoga with Dane
Wednesday, January 9	10 to 11:15 am	Yoga with Lynn
Wednesday, January 9	7 to 8:30 pm	Restorative Yoga with Lynn

We are requesting a minimum donation of \$15 per class. All proceeds go to the project. Tea and cookies served after class.

Please R.S.V.P. to Mayama for all classes:
restingfrog@gmail.com or phone/text 807-346-7662

The Labyrinth, to be located just off the public bike path by the Bora Laskin Building will be a space for the on-campus and off-campus communities to come together for walking meditation, contemplative reflection and holistic wellness.

With your help the Labyrinth will become a longterm participatory action project that weaves together the outdoors, experiential learning, holistic healing and community engagement.