



Karma Yoga

3 Class Series with Jo Sawyer



Peaceful Hatha yoga flows to bring calm to your body and mind.
All levels are welcome.



Each one hour class is free to attend with donations to the London Food Bank gratefully accepted.

DATES & TIME

Sunday, June 7

Sunday, June 14

Sunday, June 21

All Classes Begin at 9:30 am

Drop ins welcome

LOCATION

Shangrila Yoga

111 Mount Pleasant Ave.,
London, ON



519-878-4000



@Shangrila_yoga

Join Jo in the completion of her 200hr YTT