



**Finding Your Self & Golf Game  
with the Practice of Yoga**

## **Golf & Yoga Classes**

**Presented by Christine Bennett RYT 500  
Certified Yoga Teacher and Tara Roden, CPGA**

**6 Week - One Hour Yoga Series**

**\$60.00**

**\*Add Professional Group Assistance, ½ hour per week**

**\$125.00**

**Register Today  
Thursdays 9:00 am or 7:00 pm**

**Renew Your Spirit, Calm Your Mind  
& Energize Your Physical Body**

**For more details please call Urban Links 250.769.0339  
or e-mail Christine Bennett [littlespark@telus.net](mailto:littlespark@telus.net)**

**Urban Links<sup>®</sup>**  
**GOLF TRAINING CENTRES**