



YOGA

Workshop

CONSCIOUS LIVING ARTS

In the KOLAR ARTS building, Amery, WI

*From cabin fever to mild winter blues to
Seasonal Affective Disorder
Learn how yoga can help!*

YOGA

for

The Winter Blues

Saturday, February 23rd, 2008

Space is limited/Reserve yours early:

Cindi Buenzli Gertz

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spreading peace and creating mindfulness toward our selves and our earth through the arts