

# TAKE YOUR YOGA ABILITIES FARTHER THAN YOU THOUGHT POSSIBLE

PARTICIPATE IN THE EASTERN CANADA REGIONAL  
YOGA CHAMPIONSHIP  
OF THE BISHNU CHARAN GHOSH CUP



**Coming soon ... DECEMBER 7, 2008**

**Alumnae Theatre | 70 Berkeley Street | Toronto | Ontario  
1pm – 4pm**

**Demonstrate 7 hatha yoga postures in 3 minutes.  
Demonstrate your grace, poise, physical and mental abilities.**

## EXPLORE. SUPPORT. INSPIRE.

*“You are not competing 2 persons against each other, you are competing with yourself”*

For more information: contact your local Yoga Studio or email [marisa\\_sterling@hotmail.com](mailto:marisa_sterling@hotmail.com)