



January Online Schedule



Yin with Guided Meditation Mondays 7:00-8:15pm

January 4th—25th 4 week pre-register \$40

Candlelight Restorative Thursdays 6:30-7:30pm

January 7th—28th 4 week pre-register \$40

Drop In's available

Email kim@padmehum.ca to register

Please visit us at www.padmehum.ca