



Cedarparkade Building
Washington Street, Hamilton

YOGA FLOW now offered on Mondays at 7 am, Fridays at 1 pm and Sundays at 11 am

*As of today, receive triple the
benefits of yoga taught by Clare Mello
and Tom Hands. This Yoga Flow
Class, now offered three times a
week, introduces a flow of controlled
movements to improve
flexibility and renew the
mind and body connections.
Tom also teaches a 75 min.
version on **Tuesdays at
5:15 pm.***



Call
295-6140
for details.

