



**YOGA  
RITUALS**

#2 618 3rd Ave S. Lethbridge  
WWW.YOGARITUALS.COM  
403.320.0290

**PRESENTS**

**THE \$1000 CHALLENGE**

**Attend hot yoga  
at 7:00pm**

**each Monday in January 2012  
(January 9, 16, 23, 30)**

**Entrance by donation with all  
proceeds going to  
Lethbridge Family Circle Association**



Hot Yoga is a powerful practice aimed at total body and mind wellness. It provides incredible results. The instructor leads the class through various asana and pranayam exercises. This well rounded practice targets every joint and muscle group of the body including the core, spine, hips, legs, arms, shoulders, chest and the neck. The routine and selected postures focus on enhancing the function of various endocrine and digestive organs as a means to help regulate and balance hormones and body weight. It is perfect for any level: beginner or advanced, young or old, small or large.

Contact Tara at [info@thefamilyvillage.ca](mailto:info@thefamilyvillage.ca) for more information.