

Yoga with Angus at The Burgundy Dream B&B, Waverley NS.

Relax & Recharge with Yoga at the Burgundy Dream B&B

Date and Time: Friday, November 22, 2024 / 3:00 PM – 4:30 PM

Location: 1920 Waverley Road, Waverley, Nova Scotia

Cost: \$20 +tax per person

What to Expect:

Unwind with a peaceful session of gentle Hatha yoga with Angus, complete with guided meditation.

This practice will be perfect for relieving stress and tension from the body and bringing clarity to the mind

Instructor: Angus Horsman

Meet Angus, a beloved local yoga instructor and certified Hatha Raja Yoga Teacher (RYT200 +restorative)

Angus will help quiet your mind, calm your energy, and melt away stress through the harmonious blend of yoga and meditation.

Why Attend: Enjoy a calming Friday evening in Waverley, designed to help you slow down, breathe, and reconnect with yourself.

Bonus: We're collecting non-perishable food items for the local food bank-feel free to contribute and give back to the community!

Maximum 8 people

Reserve Your Spot Today:

To book your space, simply send an email.

burgundydreambb@gmail.com

*Come as you are—let go, relax, and embrace
the joy of the present moment!*