

Breathe with Brad

Men's Niagara Yoga Group

When is the last time you actually felt GOOD in your body? Being stuck in a state of tension or accumulating aches and pains is not normal.

Reclaim your movement freedom, dissolve chronic pain and regain strength and control.

Join us Thursday's at 7 pm

By donation until Dec 31st
Proceeds to Grimsby Food Bank

Breathe with Brad Studio
37 Woodview Ave
Grimsby, On

Call to register
289-439-8610

RECLAIM YOUR UNBREAKABLE, PAIN-FREE BODY

