

Breathe with Brad

RELAX

RESTORE

RENEW

Restorative Yoga meets Thai Massage

This class is all about the art of being relaxed. Imagine yourself surrendering into a totally supported yoga posture, then adding the element of touch – feeling the sensation of someone massaging the area you are releasing.

Join us Wednesday's at 7 pm

\$15. single class
10 Class pass \$140.

Breathe with Brad Studio
37 Woodview Ave
Grimsby, On

Call or text to register
289-439-8610

