

# **CENTRE HOLISTIQUE OM WEST**

[www.westislandyoga.com](http://www.westislandyoga.com)



## **Karma Yoga**

**(Sundays 9:30am - 11:00am)**

Join us for Karma Yoga at :  
Centre Holistique Om West, 46 Ste-Anne Str.,  
Suite 3, **Pointe-Claire Village**

This community class is open to people of all levels of practice and ages. Offered by donation (minimum \$5; no minimum for children 10 years old and younger). All proceeds will be donated to charity. Each week features a different instructor. No experience necessary.

**July 2009 FOUNDATION:  
SOS Planète  
([www.sosplanete.org](http://www.sosplanete.org))**