



Drums-Alive Workshop: Wellness Beats

**Beat the February Blahs with drumming
fitness to a wellness beat!**

Feel the rhythm and move to the groove in this
unique program combining drumming, fitness, and
fun with a hint of YogaDance!

Instructor: Fern Westernoff

Hostess: Heather Skoll

Date: Sunday February 12, 2012

Time: 11:00-12:00 (please arrive at 10:45)

Location: Movement From Within Home Studio,
Richmond Hill, near Bathurst & Elgin Mills (address provided upon registration)

Price: \$15.00

Please Note: barefoot/socks permitted in the studio

Limited Space! Pre-registration & payment is required

Fern Westernoff: yogadance@rogers.com

Heather Skoll: heather@movementfromwithin.com