

# The Spirit of Yoga

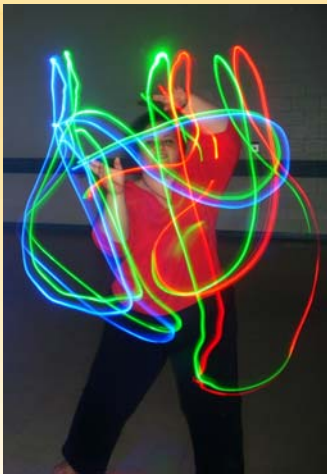
## A Kripalu YogaDance® Event for the Cure

In support of  
The Canadian Breast Cancer Foundation - Ontario Chapter

**Sunday, November 7, 2010**

**3:00-6:00 (class 3:30-5:00)**

Please join us after class for cake to celebrate some special birthdays



**Kripalu YogaDance® with  
Fern Westernoff**

**Bayview Hill Community Centre-  
Renaissance Room  
114 Spadina Road,  
Richmond Hill, ON  
L4B 2Y9**

**Hosted by:**

**Fern Westernoff Certified Kripalu YogaDance® Instructor,  
Heather Skoll of *Movement From Within*,  
Sandi Hofbauer of *YogaMotion***

All donations are welcome.

Cheques or credit card payment preferred, payable to: CBCF  
Donations of \$20 or more will receive a tax receipt

For information & preregistration: [spiritofyoga@rogers.com](mailto:spiritofyoga@rogers.com)

In support of



To read about our event in 2008, please visit [http://www.cbcbf.org/en-US/Ontario/Our%20Chapter%20in%20Action/2008\\_11\\_08%20Spirit%20of%20Yoga.aspx](http://www.cbcbf.org/en-US/Ontario/Our%20Chapter%20in%20Action/2008_11_08%20Spirit%20of%20Yoga.aspx)  
To read about us in the CBCF Annual Report to Donors (2009), please visit [http://www.cbcbf.org/en-US/Ontario/Funding/Where%20our%20Money%20Goes%20\(1\).aspx](http://www.cbcbf.org/en-US/Ontario/Funding/Where%20our%20Money%20Goes%20(1).aspx)