

Welcome to the.....  
***Spring Dru Yoga Series!***

**“In spring the energy that has been accumulating beneath the ground in winter explodes above the ground. The qualities often associated with spring are – birth, rapid growth, vibrancy, vitality, creativity, renewal, fresh opportunities and new beginnings. There is a power and insistence that is associated with this new life. Spring is assertive.”**

“The movements are selected specifically to help free up any stagnation and blockages of energy and to shed the 'holding' quality of the winter. This will enable you to discharge any excesses and detoxify. Creating a body which is fluid and adaptable to change will enable you to have a smooth transition into the summer months.”

excerpts: ***“Dru Yoga for all seasons”***  
(Padma McIntyre & Helena Waters)

**Location? Shanti Wellness  
#19 – 219 Main Street  
Penticton, BC**

**Duration? Wednesdays: April 14, 21 and 28 and  
May 12, 19 and 26**

**(note: no class May 5)**

**Time? 5:15 – 6:45 PM**

**Cost? \$90.00 for the series of 6 classes**

**\$18.00 for a drop-in class**

**Instructor? Cindi Tomochko**

**Please register in advance by phone:**

**250.276.5308**

**or email:**

[ctomochko@gmail.com](mailto:ctomochko@gmail.com)

***I look forward to sharing in Dru with you!***

*New students welcome.*