



March Meditation Classes
Every Monday Evening
6:30pm- 8:00pm



Learn how to Relax,
De-stress and Re-focus yourself.

Classes begin Monday March 5, 2012.
Cost: \$20 each session or all 4 sessions for \$60.00

Call 519-336-7944 to register or sign up at front desk.

Coming in April

Teen Meditation Class

Sunday, April 1
2:00pm - 4:00 pm

Details to follow.

Embrace Health...
Embrace Knowledge...
Embrace Life...

Sarnia Holistic Health Centre
546 N Christina Street, 6th Floor
Sarnia, ON N7T 5W6
519-336-7944

Email: info@sarniaholistichealthcentre.com
Website: www.sarniaholistichealthcentre.com

[Forward email](#)



Try it FREE today.

This email was sent to info@sarniaholistichealingcentre.com by info@sarniaholistichealthcentre.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Sarnia Holistic Health Centre | 546 N Christina St, 6th Floor | Sarnia | Ontario | N7T 5W6 | Canada