

Proceeds go to the
West Kootenay EcoSociety

108 Sun Salutations

— for the —
Winter Solstice

led by *Dr. Ellissa Crête*

SATURDAY DECEMBER 22 9AM - 11AM

Plant the seeds of your personal intentions for the winter season. Join with community in this strong yoga practice to re-light your inner fire.

Pre-registration suggested, drop-in welcome.

Included in
Yoga Pass or

\$12
suggested
donation



Dr. Ellissa Crête is a Bodyworker and BC registered Doctor of Traditional Chinese Medicine who offers Acupuncture, Chinese Herbology, and Massage. Since 2010, she has taught weekly Iyengar-inspired yoga classes in Nelson. She has also led several 108 Sun Salutation events to honour the change of seasons and to celebrate the Light.



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