

Living Arts

montreal-based wellness services



Rise & Shine Mindfulness Based Yoga and Meditation: Summer 2021 Live Streaming

**Dates: July 21st – August 25th
Wednesdays, 8:45 – 10:00 am**

**To register, please complete this form and either mail it along
with your payment by check to the address below or send an
e-transfer to Gina@living-arts.ca**

**Gina Rubinsky
6565 Collins, Suite 708
CSL, Québec
H4W 3H3**

Name: _____

Address: _____

Telephone #: Home: _____ **Work:** _____

Cell: _____

Email: _____

Date of Birth: _____

Program Cost: \$110.00

