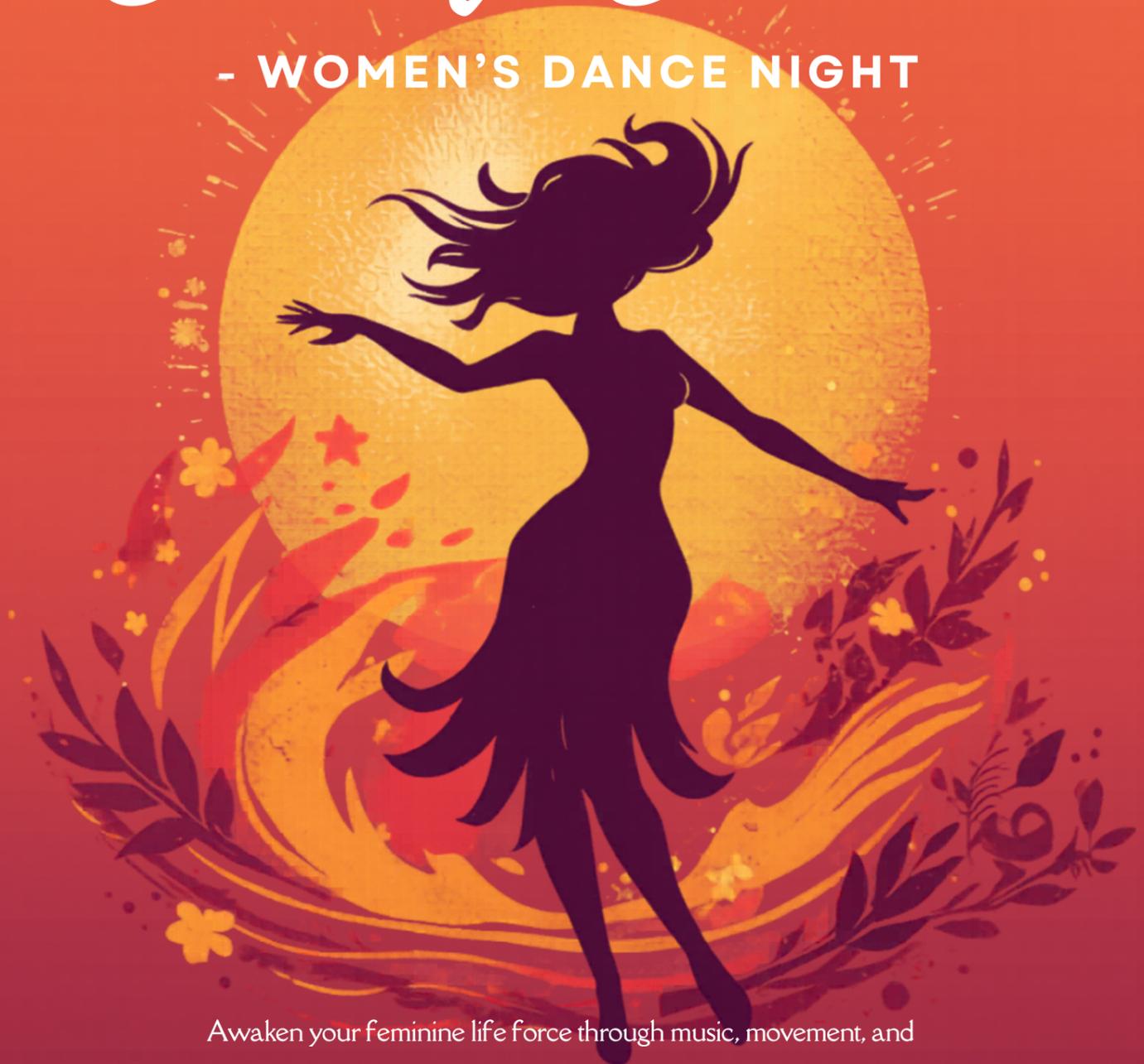


Shakti Shake

- WOMEN'S DANCE NIGHT



Awaken your feminine life force through music, movement, and
community.

Dress in what makes you feel beautiful.

Dance. Laugh. Let go.

With Amrika

Register at www.steadyeffortyoga.ca

Mar 20, Apr 24, May 22

7:15-8:45 pm

\$25 pp- Bring a girlfriend!