

# **CAN-DO YOGA**

Mary Elizabeth Stearns  
Certified Hatha Yoga Instructor  
over 25 years experience

*Hatha Yoga for Women of all ages  
Small Group Classes Designed to  
Individual Need and Abilities*

PRIVATE LESSONS ALSO AVAILABLE---Contact Mary at:

CAN-DO YOGA @ 519-438-6789 or EMAIL: [merriweeds@yahoo.com](mailto:merriweeds@yahoo.com)

***\* Please Ask For Times and Rates\****

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**NORTH LONDON CHIROPRACTIC AND HOLISTIC HEALTH**

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