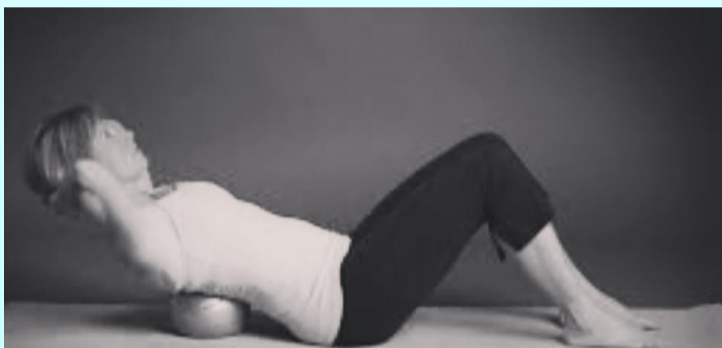


**Intro to Body Rolling Workshop with Caryn Joy**  
**Sunday January 20th**  
**The House of Now**  
**536-5th Street, Courtenay**



**11:00am-1:00pm \$40.00 (Tax Included)**  
Legs and back with a focus on learning to release the lower back and increase flexibility.



**2:00-4:00pm \$40.00 (Tax Included)**  
Chest, neck and back work. Helping to improve posture and release the neck and shoulders.

**Full Day \$75.00 (Tax Included)**  
Deadline for Registration January 18th

**Early Bird Full Day \$70.00 (Tax Included)**  
Early Bird Deadline January 11th

**Early Bird Half Day \$70.00 (Tax Included)**  
for 2 people when you bring a friend.  
Early Bird Deadline January 11th



**Please register online**  
**[www.catherinereid.ca](http://www.catherinereid.ca)**  
Or call Catherine at 250-898-8414

**Caryn Joy**  
Certified Yamuna Body Rolling Practitioner

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