



WOMEN SHAPING CONSERVATION

WITH THE WILD SHEEP SOCIETY OF BRITISH COLUMBIA



Downward Sheep

A Yoga Session with Rebecca Peters

Power up your mind and body with Downward Sheep, an hour of yoga led by certified yoga instructor Rebecca Peters.

Friday, February 21 at 8 AM
Penticton Lakeside Resort

Join us for a session that welcomes both men and women, from beginners to seasoned yogis, to experience the energizing flow of Vinyasa yoga. This dynamic session goes beyond the usual flow, challenging you with strength-building movements, designed to link breath to body and will set the perfect tone for an uplifting weekend and a great workout.

Rebecca's guidance ensures all levels are supported, creating a space where you can find your flow, no matter your experience. Plus, every dollar raised goes directly to support the Wild Sheep Society's conservation efforts, so you'll be contributing to a powerful cause with each pose. Join us for this event and make your weekend even more meaningful!

Bring your mat or contact Rebecca in advance to arrange one.

Email: rebeccaanne75@gmail.com or 778-886-3097.