

**D'ARCY RANCH PRESENTS
JODI OPSAHL'S**

Yoga 4 Better Golf



- Yoga 4 Better Golf is a combination of Jodi's two passions - Yoga and Golf created to improve mental and physical Strength.
- With many practical applications to warm up the body and relax the mind for more pleasurable play.
- Focusing on one shot at a time in a relaxed body and clear mind.

Please bring your own mat

INTRODUCTORY SCHEDULE:

MAY: SATURDAY AT 9:30 AM (4, 11 & 25)

JUNE: SATURDAY 9:30 AM (1, 22 & 29)

\$50 Monthly (3 sessions) / \$20 Drop-In Fee



**TO RESERVE YOUR SPOT
CALL DONNA HAMILTON AT 403-850-5861**