

Urban Pole Walking Demonstration

Tuesday, November 5, 2013, 10 am

Meet in front of the Rails End Art Gallery for a FREE demonstration with Gail Holness from Holness Yoga Studio. Bring your own poles or borrow a set.

Everyone is welcome!

For further information about the demonstration contact: Andrea Mueller, Municipal Recreation Pilot Project Coordinator, (705) 457-1740 or amueller@dysartetal.ca



For more information about urban pole walking contact: Gail Holness, Holness Yoga studio, 1160 Koshlong Lake Road, Haliburton, Ontario K0M 1S0, (705) 455-9294, gailholness@gmail.com

