

# The Healthy Breast Workshop

*Tuesday, November 1 from 6:30 to 7:30 pm  
In the Meaford Library boardroom*

## The Workshop Program

The Healthy Breast Workshop offers an overview of tools that can help women of all ages to both prevent and recover from breast cancer. The workshop will include an introduction to:

- *understanding your breasts*
- *hormonal and environmental links to breast cancer*
- *breast health diet*
- *body detoxification, immune enhancers, and lymphatic circulation*
- *exploring psychological and spiritual needs to promote healing*
- *Kundalini breathwork, exercise and guided meditation from your chair*

Please come out and enjoy some complimentary yogi tea and learn more about breast health.



## The Instructor

Leslea Clarke is a long time educator and certified International Kundalini Yoga and Meditation instructor. She holds specialties in The Healthy Breast Yoga Program as taught by Naturopathic Doctor Sat Dharam Kaur as well as Yoga4kids, The Radiant Child Program, and Childplay Yoga.



Please register in advance at the Meaford Public Library  
Call 519 538-1060 ext. 1131 or drop by the library  
15 Trowbridge Street West, Meaford  
(Please note - there is no elevator to the boardroom)

[www.meafordlibrary.on.ca](http://www.meafordlibrary.on.ca)