



FRIDAY TOONIE NIGHT

The practitioners of Lokamotion Complementary Health Studio, 151 Main Street, Unit 2, Fredericton, NB are excited to offer you **drop-in classes** every Friday for only **\$2 per class**. Each Friday, **a different practitioner will be presenting**. Everybody is welcome to come sample the variety of work being offered here at Lokamotion. The funds collected will be donated to a charity.

All classes run 5:30 – 6:30 pm

Aug. 3 No Class

Aug. 10 Feldenkrais & Mindfulness,
Carolyn Townsend, Certified Feldenkrais Practitioner & PT,
and Allison Bowie, PT, RYT200

Aug. 17 No Class

Aug. 24 No Class

Aug. 31 No Class