

**Innovative  
Wellness**



Yoga for Stress Management  
& Wellness

**Friday Night YOGA @ 8-9:30pm**

**Beginning Feb 3rd**

**Only \$99/8weeks** (Regular \$120)

To register, email [jayne@innovativewellness.ca](mailto:jayne@innovativewellness.ca)

Instructor: Jayne Hembruff, BSc. YNC-R

Airborne Trampoline KW is proud to offer you yoga with Jayne.

Jayne is a registered yoga teacher who has taught over 3,000 yoga classes, taken over 600 hours of yoga teacher training and is continuously training to serve you better. She specializes in improving peoples physical and mental wellness; while decreasing their stress levels. Jayne works with national level athletes, people living with back, neck, shoulder and other issues such as COPD, CF, fibromyalgia, lymphedema, cancer, MS, and mild to severe anxiety and mood disorders.

*Inspiring positive results though strategic Initiatives*