

calm mind. fit body. inspired life.



I am a staff member of the Fort Garry Women's Resource Centre and have had the privilege of getting to know one of the instructors at Moksha Yoga Winnipeg who volunteered to do yoga classes for women in the community. Her positive energy, generous spirit and enthusiastic commitment to yoga and well being created a wonderful environment for the discovery and appreciation of yoga.

The feedback we received was so great we have asked her back to do more classes for us – and fortunately she has agreed. The women who participated in the classes had limited resources and could not have had this opportunity if the classes were not for free.

Along with her skill, she brought an inclusive, gentle and encouraging approach to the basics of yoga – the women loved her. We look forward to having her here at the Centre again.

women's resource centre.