

Cornerstone Presents: The 5th Annual Yoga-Thon!

Join us virtually on [Saturday, March 6th from 11 to 1pm](#) for a 1hr yoga class, 30-minute meditation and a celebration of recovery!

Your support will help us open a Women's Residential Centre in 2021!

Yoga provided by Sheree Nicholson

www.livewithspirityoga.com

Meditation provided by Gail Markovic

www.yogawithgailca.wordpress.com

Where? Zoom!

How to buy your ticket:

- **Purchase online @**
www.canadahelps.org/en/charities/cornerstonetorecovery/events/yogathon/
- **Purchase in person at**
Cornerstone (570 Steven Court, Unit B, Newmarket) with cash or cheque.

Ticket Options:

- **\$20 – Individual ticket**
- **\$50 – Family ticket** – no limit on participants but must only be on 1 zoom account
- **\$100 – Generosity ticket** – Includes 1 individual ticket and an \$80 donation to Cornerstone with a charitable tax receipt for you!

Remember 😊

- There will be an exciting online auction leading up to & on the day of the event.
- All ages & experience levels are welcome!

