



**Yoga — Martial Arts — Zen Meditation**

**Budokon Intro and Intensive**



**Join us for a 3-hour Body Mind Spirit challenge with  
Canada's most senior Budokon Sensei, Annick Robinson**

**Budokon 3-hour Intro and Intensive**

**Saturday January 24, from 1:30 to 4:30pm**

**Flex Gym: 1130 Dollard (Lasalle)**

**\$65 (+tx) registration fee includes the workshop, materials, and white belt.**

**To register: [info@spazazen.com](mailto:info@spazazen.com) or call 514.287.1772**