



CIBC PRIVATE WEALTH
WOOD GUNDY



DOMINION LENDING CENTRES INTEGRA MORTGAGE INDEPENDENTLY OWNED & OPERATED



DOMINION LENDING
CENTRES

Jackie Van Vliet of CIBC Private Wealth and Kendra Olsen of Integra Mortgage present:

Money and Mindfulness



We hope you can join us!

November 30th at 4:30pm – 5:30pm
Sun Peaks Yoga Studio

This is a FREE event, but space is limited!
Please RSVP by email to Jackie or Kendra to reserve your spot

With the recent challenges in the economy and around the world, you may be feeling stressed and uncertain about the future. Join us to relax and refocus your body and mind. Francesca will lead us through a 50 minute Pranayama class, followed by a short presentation and Q&A by Jackie and Kendra.

In this all-levels class, Francesca will guide you through breathing exercises to help clear your mind and body of physical and emotional stress. Combining breath work and yoga postures in a dynamic way, you can learn how to better control, cultivate and direct your Prana, and leave you feeling rejuvenated in mind, body and spirit.

Jackie Van Vliet
Investment Advisor
jackie.vanvliet@cibc.com
250-314-3871



Kendra Olsen
Mortgage Broker
kolsenmortgage@gmail.com
250-686-8313

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