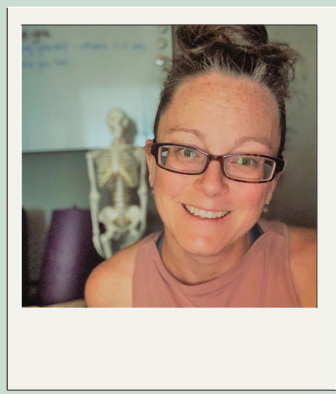




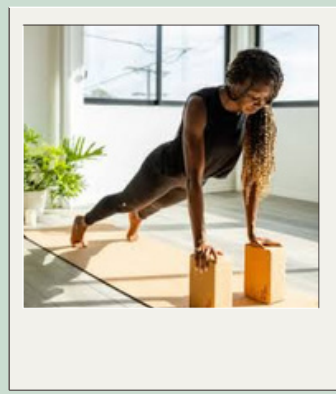
threeOMs Yoga Therapy

“yoga that adapts to YOU!”

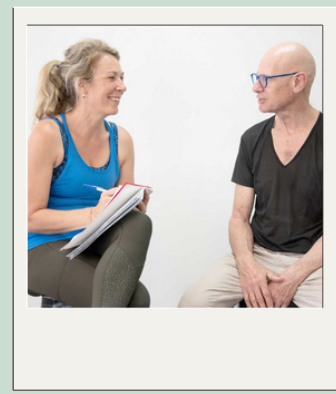
WHAT'S NEW & HAPPENING @ THREEOMS



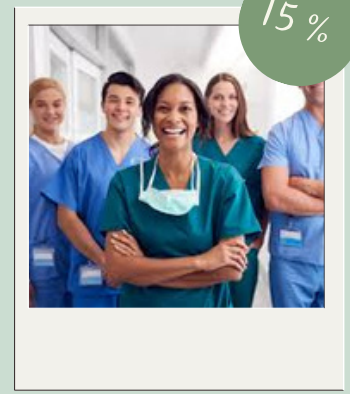
What is a C-IAYT?



Coming in 2025...
Yoga Therapy for Athletes services!



What health & wellness conditions can yoga therapy help with?



Practitioner Discount- all yoga therapy services, no expiry!

Wishing you, your colleagues and your loved ones a blessed holiday season and all the best for 2025!



KRISTI ROKOSH, C-IAYT, RYT, PRYT
serving Sherwood Park and the Greater Edmonton area!

