



**Wellness centre opens**

The Moksha Milton Wellness Centre, located inside Moksha Yoga on Main Street, recently held its grand opening. Above, registered massage therapist Lisa Casarin (right) demonstrates a stretching exercise on naturopathic doctor Salma Elkassaby. Inset, acupuncturist and Chinese medicine practitioner Regine Gorospe demonstrates her practice on a client. *Michael Ivanin / Special to the Champion*



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