



True Path Yoga

Located in the heart of downtown Stouffville, nestled amongst the trees with a breathtaking view of Stouffville creek, this private and quaint studio offers a variety of classes taught by our qualified friendly Yoga Alliance Team! Our focus is Ashtanga-Hatha yoga style. All ages welcome, kids, teens and seniors!! Inquire about our small group sessions. Kids will love our super fun kids yoga Birthday Parties. Stop putting your future on hold. Find balance now by walking down the Path to Truth and Happiness!

20 Freel Lane, Unit #12 905.642.4600 www.truepathyogastouffville.com

IMPROVED LIFE SKILLS THROUGH MARTIAL ARTS TRAINING

"If you've seen the Karate Kid movies, it's not about the kicks, punches and blocks. The key to martial arts training is character development," says Craig Hroncok, owner of the Stouffville Martial Arts Academy. "Martial arts is a life skill and we instill a creed in our students - modesty, courtesy, integrity, self-control, perseverance and indomitable spirit. Character does matter."

Students benefit from the training at Stouffville Martial Arts, says Craig, who began his own martial arts training at age nine and designates the academy as a 'black belt school', meaning students have the minimal goal of achieving their black belt.

"We teach two different types - Shaolin kempo and Brazilian jiu jitsu," says Craig. "It's unique, specialty training you won't find in most places. We care about our students. They work very hard to get in better shape and improve themselves. Their chores get done, adults are provided with some stress relief and they all have a positive influence in their lives."

To arrange a private interview or free introductory lesson, visit Craig at Stouffville Martial Arts, 61 Ringwood Drive, Unit 3, or call 905-640-7474



True Path Yoga

Truth and Happiness!

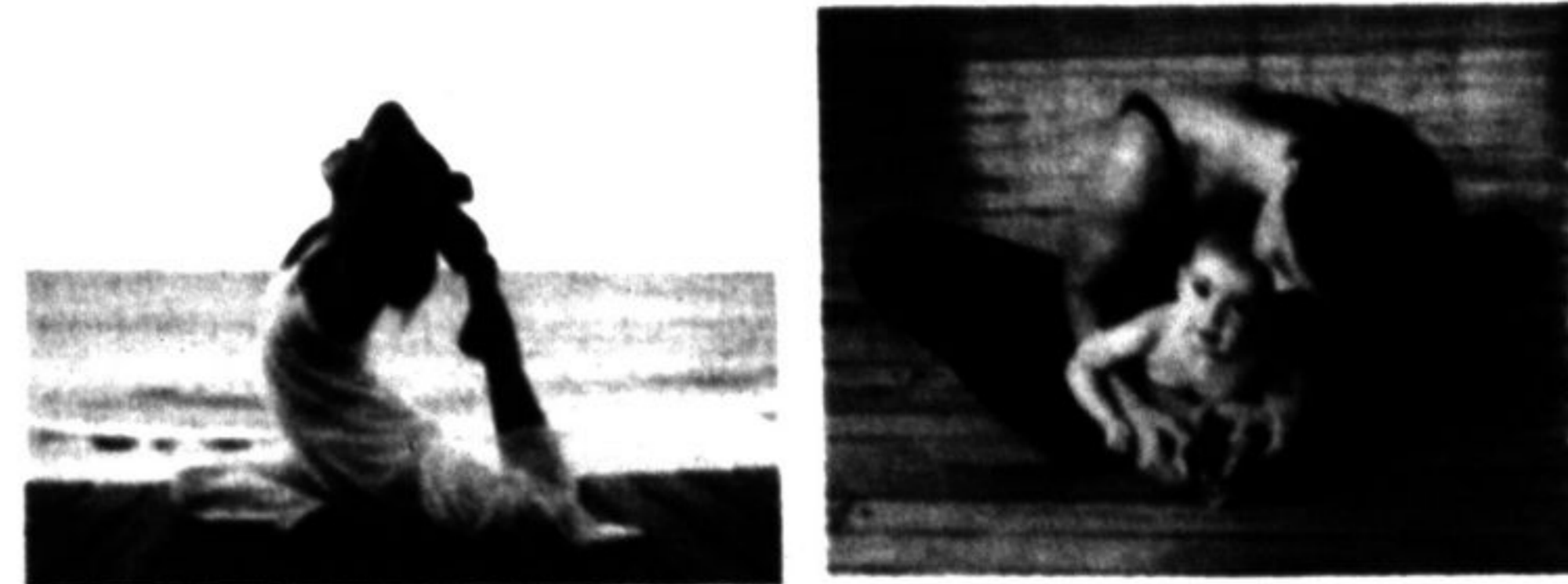
Come on out and walk down the path to health and yoga...

FALL SPECIAL

20 CARD PASS for \$189+HST

Great Deal less than \$10 per class

purchase online at <http://www.truepathyogastouffville.com/> (limited time only)
Now at True Path Yoga - Prenatal Classes and Mom & Baby Classes.
Register today and receive a 5 card pass absolutely FREE (new members only)



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MMA Cardio Kick Boxing



STOUFFVILLE MARTIAL ARTS ACADEMY

KARATE

The secret is out.

Our award-winning instructors can teach your child to develop these outstanding Black Belt Principles:

- INTEGRITY
- GRATITUDE
- COURTESY
- SELF-CONTROL
- MODESTY
- PERSERVERANCE
- Brazilian Jiu Jitsu
- Ninja Tots
- MMA

NEW KIDS
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Learn The A, B, C's
ATTITUDE, BEHAVIOUR,
CONFIDENCE

Voted #1 martial arts school
in Stouffville for
2011, 2012, 2013

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