



NORTH BURNABY NEIGHBOURHOOD HOUSE
(4908 HASTING ST, BURNABY, BC)

PLEASE BRING YOUR OWN MAT!

LET'S YOGA!

Certified Yoga teachers who will be practicing Pranayama, Asanas, Kundalini and Meditation.

3:15 pm to 4:15 pm | Mondays
1:30 pm to 2:30 pm | Thursdays



Burnaby Neighbourhood House is a charitable non-profit organization. We are a volunteer driven community-funded agency with a unique focus on neighbourhood supporting neighbours.