



COME STRETCH, RELAX, AND HAVE WITH  
INSTRUCTOR VIVIEN GOMES ON ZOOM!



# Virtual Family Yoga

4 free sessions for parents & kids 0-8

OCT 21 - NOV 11, 2020  
WEDNESDAYS 10 - 10:45 AM

SIGN UP: [bit.ly/BNHvfy10](https://bit.ly/BNHvfy10) or  
INFO: [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca)  
(604) 294-5444

