



BURNABY NEIGHBOURHOOD HOUSE

VIRTUAL CLASS VIA ZOOM

LET'S YOGA!

Discover many wonderful yoga poses to incorporate into your daily practice! This will re-balance your life, improve your immunity system and increase your capacity to focus.

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

FRIDAYS | 7:30 AM - 8:30 AM



To register, email northinfo@burnabynh.ca.

Burnaby Neighbourhood House is a charitable, non-profit organization. We are a community driven and community-funded agency with a unique focus on Neighbours supporting Neighbours.