

BNH NORTH HOUSE PRESENTS



In-Person

Family Yoga

By Vivien Gomes



TUESDAYS | 11:30 AM-12:15 PM | BNH NORTH HOUSE

Oct 19 - Nov 23, 2021

4908 Hastings St.



*A proof of Full vaccination
is required to all In-Person
BNH Non-Essential programs.*

*Family and kids yoga is a natural wellspring for
everyone: enhancing self awareness, as well as
memory and concentration abilities. Yoga for
children is a fun and creative approach to
learning about self care and self regulation.*

VEG Yoga



Open to all
families with
children ages 2-5

To register or for more info:

Email: northinfo@burnabynh.ca or call 604-294-5444

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwəḷəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷáʔəm) nations with a unique focus on neighbours supporting neighbours.