



10-11 am



YOGA CLASS

BY VIVIEN GOMES

TUESDAYS

OCT 19-NOV 23, 2021



Therapeutic-based Yoga workshop by Vivien Gomes can give valuable tools to modify poses and staying pain-free. The workshop will be about alignment, anatomy and yoga philosophy. Find your tribe and take your practice to the next level.

BNH NORTH HOUSE

4908 HASTINGS ST.

VEG YOGA

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

For more information, please see our website

WWW.BURNABYNH.CA

or email northinfo@burnabynh.ca or call 604-294-5444.