


Slow Deep Breathing with the Essence of Pranayama

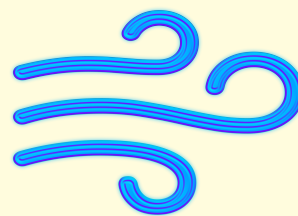


by Kainaat Kakkar

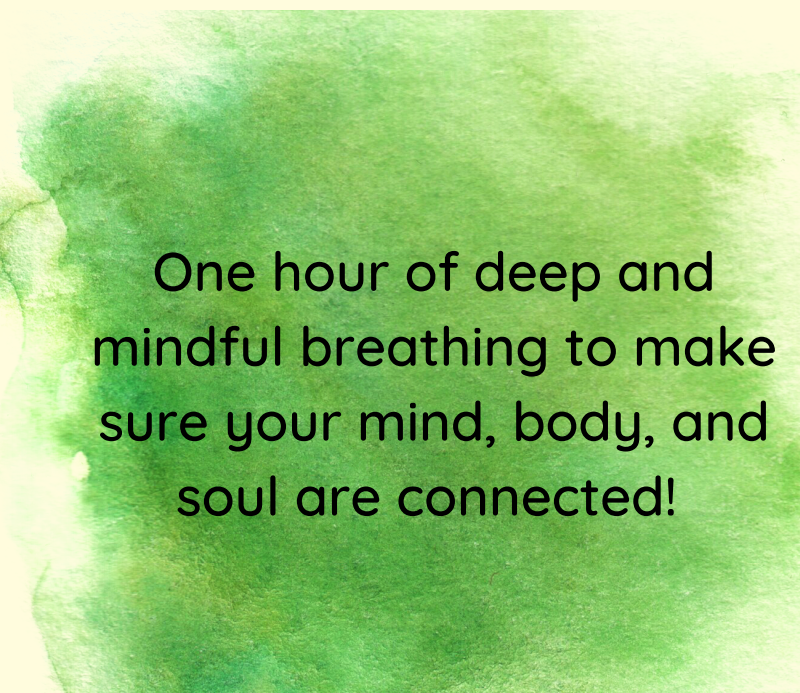
Mondays & Thursdays

7:00AM- 8:00AM

Online via Zoom



Email northinfo@burnabynh.ca
or scan the QR code
to register!



One hour of deep and
mindful breathing to make
sure your mind, body, and
soul are connected!

