

Practical Breathing Exercise for Longevity



Join one of
the two classes

Tuesdays 1:30 - 3:00 pm
Wednesdays 1:00 - 2:30 pm



The Amazing Brentwood Mall

Next to Purdy's Chocolate
4567 Lougheed Hwy., Burnaby

Join **Master Hung** to learn simple deep breathing technique that rejuvenates the body. Deep breathing helps optimize how oxygen is entered and utilized by the body, replenishing all the cells and organs with improved functions.

Combined with controlling the breath, you will learn gentle, relaxing, chair-based upper body exercises to improve blood circulation, manage stress, neck pain, upper shoulders and the lower back pain. The program is perfect for all ages, even those with mobility issues.

More info / Register:

 604-294-5444

 northinfo@burnabynh.ca

CARE

CONNECT

ENGAGE

BELONG



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