

Community Adult Yoga Program

November 7 - December 12

Every Tuesday for 6 weeks

10:00-11:00am

North House (4908 Hastings Street)

- Everyone (all ages and levels) are welcome
- Yoga can be done either on a yoga mat or chair
- Bring a yoga mat (if you have one), water bottle, and dress in comfortable clothes

**BNH Member +
Fee: \$5 donation
(Nov-Dec)**

Sign up Today



Ann:

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