



COMMUNITY ADULTYOGA PROGRAM

12 PM-1 PM (EVERY TUESDAY) at BNH South House Nov 28 - Dec 19

BNH MEMBER + FEE: \$5 DONATION (NOV-DEC)

- HATHA Yoga
- Bring your own yoga mat
- ALL levels are welcome
- Beginner friendly

SIGN UP
TODAY

Sign up or for more info, please contact Carina: volunteer@burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwəta¾), Kwikwetlem (kʷikʷəλəm), Squamish (Skwxwú7mesh Üxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.