



COMMUNITY ADULT YOGA 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

