

## Community Adult Yoga Program

January 9 - March 12, 2024 Every Tuesday for 10 weeks

10:00-11:00am North House (4908 Hastings Street)

Program Extended

- 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 (Jan-Apr) Sign up Today



Ann:

annr@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 Uxwumixw) and Musqueam (xwməθkwəyəm) nations with a unique focus on neighbours supporting neighbours.