

# 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:  
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