

COMMUNITY ADULT YOGA PROGRAM

SENSORY INTEGRATION YOGA
(ISY)

**Feb 2 – Feb 23
(Every Friday)**

3 pm–4 pm

Promote body awareness
from the senses, integrating
breathing, meditation,
asanas or yoga postures

JOIN US TODAY!

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

✦ BNH Member +
Fee: \$5 donation ✦

Burnaby Neighbourhood House is a community driven and community funded agency located on the
unceded territories of the Tsleil-Waututh (səlilwətaɣ), Kwikwetlem (kʷikwəɬəm), Squamish
(Sḱwəxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on
neighbours supporting neighbours.