



## COMMUNITY ADULTYOGA PROGRAM

SENSORY INTEGRATION YOGA
(SIY)

## March 5 - March 26 (Every Tuesday) 2 pm-3 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-Wauthuth (səlilwəta?), Kwikwetlem (kwikwəλəm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xwməθkwəyəm) nations with a unique focus on neighbours supporting neighbours.