

Community Adult Yoga Program

Yoga Beyond Mat with Laxmi

April 22 - June 24, 2025 Every Tuesday | 3-4pm BNH South House (4460 Beresford St)

ALL levels are welcome!

Bring your own yoga mat!

Learn correct breathing, body movement with alignment, eye exercises and more!

Sign up Today

Please contact Carina at volunteer@burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔł), Kwikwetlem (kʷikʷəλəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.