



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**