

COMMUNITY ADULT YOGA PROGRAM

SENSORY INTEGRATION YOGA
(ISY)

**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-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəɬəm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.