

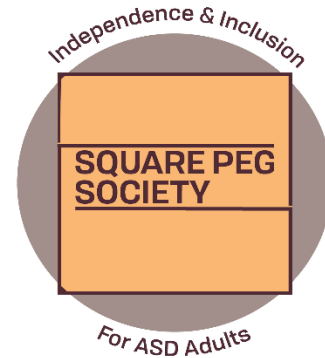
## **YOGA November 16, 2019**

November 16, 2019, 8 am

Bonsor Community Centre

6550 Bonsor Avenue, Burnaby

Parking at Centre. Skytrain: Metrotown



Dear Square Peg Society families & friends,

The City of Burnaby has offered Square Peg Society some recreation credits, so if you are interested in de-stressing while increasing your strength & flexibility, please join us for a 75 min Hatha yoga class, with a certified yoga instructor, as part of Bonsor's drop-in yoga & pilates classes. Mats, blocks, straps & bolsters provided. Join me for coffee after the class!

**As spots are limited, please RSVP: [joetteheuft@gmail.com](mailto:joetteheuft@gmail.com)**

For more yoga:

Kalena Kavanaugh, Manager, *posAbilities* Employment Service, is a certified Yoga Instructor and teaches a Hatha flow on Mondays at posAbilities Head Office, and a Deep Stretch & Relaxation at their Vancouver Employment service on Wednesdays. Classes run from 5 – 6pm. The first Class is free, but you need to let Kalena know you are coming by texting her cell 604-761-9767. Please arrive 15 minutes before your first class to sign waivers.

The cost right now is 5 classes for 25 dollars, most of which is donated to posAbilities Wellness Committee, to be used to adopt families through another organization at Christmas. A 3-way gift – Kalena gets to guide your practice, you get the gift of yoga and a family gets to enjoy a holiday season!

Regards, Joette