

# Youth Yoga



## *Feel the benefits of Yoga!*

- ✿ *For anyone aged 16 – 25 with a mental illness*
- ✿ *Increase your strength and flexibility*
- ✿ *Relax, and enjoy a cup of tea after class*
- ✿ *Connect with other youth interested in fitness*

### **Dates:**

**4 Spring Sessions – every 2<sup>nd</sup> Monday**

- ✿ **May 12th and 26<sup>th</sup>**
- ✿ **June 9th and 23rd**

More Summer Sessions to come! (Date and time to be announced)

### **Time:**

**Yoga Class: 3:30 – 4:30 PM**  
**Tea: 4:30 – 5:00 PM**

### **Where:**

**Unity Yoga Studio**  
**2nd Floor – 1672 East 10th Ave.**  
**@ Commercial Dr. behind the Mac's store**

For more information, please contact Rebecca at the  
Community Link Program @ 604-435-5677, ext 342.