

YOGA AND BREAKFAST FOR ACTIVE SENIORS AGED 55+



Friday, June 7, 2024 | 11:00 a.m. – 12:30 p.m.

Join this in-person event to learn
the following:

- Basic yoga safety tips
- Chair yoga
- Standing poses
- Relaxation with music
- Breathing exercises
- Balance and body awareness

Light refreshments will be served.

Location:

263 Queen St. E., Unit 14, Brampton, L6W 4K6



For registration, please email:
becnic@achev.ca

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