

Morning Yoga



Start your day with this gentle yoga class led by Ma Yoga and Wellness. Relax your body and mind with light movement and breathwork. Suitable for all ages and abilities.

Time & Dates:

Fridays, 11:30am - 12:30pm
April 12, May 3, June 14

Eligibility

Eligible participants are:

- Permanent Residents
- Ukrainian refugees (on CUAET or similar special program status for Ukrainians)

Location:

ICA (808 Douglas Street, Victoria)
5th Floor Open Space

To register or for more information, please contact:

Sophie McIntyre (she/her)
Training Facilitator
workshops@icavictoria.org
250-388-4728 ext. 2261

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Inter-Cultural
Association
of Greater Victoria

