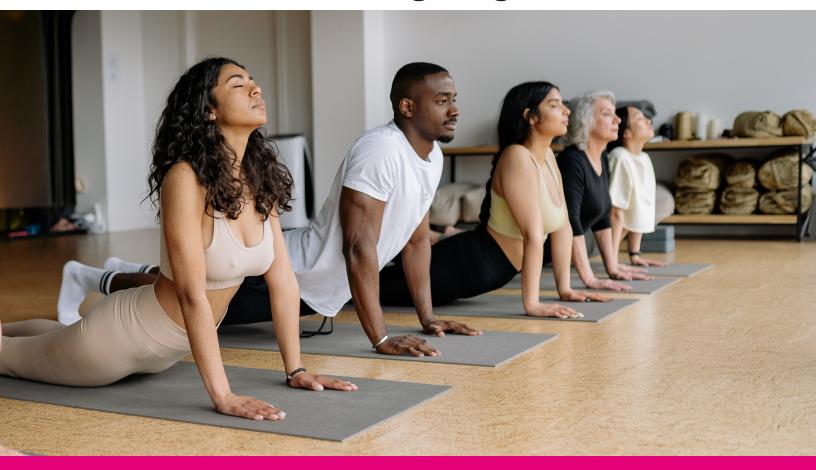
# **Morning Yoga**



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
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