



**FAMILY RESOURCE PROGRAMS**  
**Children & Families**

## Yoga and Families

# Healing practice

build back strength, flexibility, and energy

Fahreen is a mom and a yoga enthusiast! She has benefitted greatly from yoga prior to, during, and after pregnancy, and she thinks doing some down dog with the little ones is a great way to build back strength, flexibility, and energy as a busy mom. She has been practicing yoga for approximately ten years, and she is keen to share this healing practice with others.

Please come out to practice some wonderful yoga together! You don't have to have children to attend.



For more information or register email  
[ccontreras@mpnh.org](mailto:ccontreras@mpnh.org)



Mount Pleasant  
Neighbourhood House

**Starts October 6th 2022**

**Thursdays 10:15-11:00 a.m.**