

B.E.S.T. Virtual Summer Programming

Ages - 13 to 17

Cost - FREE!

Register Here -

<https://www.eventbrite.ca/e/best-presents-yoga-for-teens-tickets-108478797002>

YOGA FOR TEENS



The B.E.S.T. team will be offering free online weekly yoga classes for teens. Pick and choose which dates work best for you and participate from the comfort of your home! The wonderful instructor Kat Vena will lead us in finding our calm and staying grounded for the week.

Mondays 1pm-2pm

July 6, 13, 20, 27

August 10, 17, 24



For more information contact Amanda Denton
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