



# October 23<sup>rd</sup> ProD Yoga Class



**SCHOOL DISTRICT 60  
PEACE RIVER NORTH**

Start your day off right by taking some time for self care, work on your mindfulness practice, and stretch. This hour-long class is led by an experienced instructor and suited for all ability and experience levels. Please supply your own mat. Only 9 in-studio spots are available, but unlimited spots on Zoom.

**Date:** Friday October 23, 2020

**Time:** 9-10am

**Location:** Soul Space Yoga Studio: 10516-101 Ave. (maximum of 9 people in person) or virtually on Zoom

**Cost:** FREE – Sponsored by SD60

**Sign Up:** First come, first serve for 9 in-studio spots but unlimited Zoom spots. Sign up through the GoogleDoc

<https://docs.google.com/document/d/1Az6qbXADQ8nIY7oY6b5p-4ceyU424q1yNXYZ8ywolpM/edit?usp=sharing>

