



FREE SD60 Staff Yoga with Soul Space Yoga



**SCHOOL DISTRICT 60
PEACE RIVER NORTH**

School District 60 has partnered with Soul Space Yoga to offer free weekly yoga classes to all SD60 staff members to support positive mental health and physical health. Each hour-long class is led by experienced instructors and suited for all ability and experience levels. Please supply your own mat.

Date: Ongoing, every Monday that there is school

Time: 3:45-4:45pm

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

Target Audience: Any School District 60 staff member

Cost: FREE – Sponsored by SD60

Sign Up: https://docs.google.com/document/d/1ucDuIE7VEjlw00LAR_gtu3L4-HqGKqjYE37_Y5oFUE/edit?usp=sharing

