

# Parenting Matters



# Yoga tools for FAMILIES!

**Thursday, November 29, 5:30-7 p.m.**

In this family-friendly session, we will explore how Yoga helps to cultivate balance of body and mind leading to health and contentment.

We will share practical tips and exercises that you can do at home.

Mount Pleasant Neighbourhood House  
800 East Broadway, Vancouver  
Unceded Coast Salish Territory  
[www.mpnh.org](http://www.mpnh.org)

**Spaces are limited. Please RSVP to reserve your spot.**

Suggested donation: \$5

Snacks served & limited childcare (please enquire).

For more information and registration,  
please contact Carmen:

[ccontreras@mpnh.org](mailto:ccontreras@mpnh.org) | 604.879.8208 ext 202

*Presented in collaboration with the Yoga Buggy.*



**Mount Pleasant  
Neighbourhood House**