



# YOGA FOR YOUTH

## MONDAYS 3:15-4:15 PM

Starting Nov.7 – May 29

Chilliwack Middle School

- A FREE after school program for youth ages 12-18.
- Offered by **Inner Vision Yoga, Chilliwack Community Services** and **Chilliwack Middle School**
- We want to offer youth another option, another tool, maybe another path. A chance to connect with yourself and your peers. Learn positive, healthy ways to cope with life's ups and downs. Yoga can be **FUN!** It doesn't always have to be quiet and still!



**Chilliwack  
Community  
Services**  
SHARE • GROW • BELONG

# FREE

## After School Youth Program

[www.innervisionyoga.ca](http://www.innervisionyoga.ca)

INNER VISION  
YOGA

### INNER VISION YOGA

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