



Be Chill

A FREE PROGRAM FOR YOUTH

Presented by Chilliwack Restorative Justice & Youth advocacy Association | Studio b Yoga | with local Community partnerships

A PROGRAM INCORPORATING THE FOUNDATIONS AND VALUES OF YOGA WITH LIFE SKILLS, EDUCATIONAL WORKSHOPS AND FUN ACTIVITIES THAT ARE DESIGNED TO ENGAGE, EMPOWER AND CONNECT CHILLIWACK YOUTH WITHIN THE COMMUNITY. IN THIS PROGRAM, WE WILL FOCUS ON BOTH YOGA AND RESTORATIVE JUSTICE VALUES; BALANCE, COMMUNITY, HONESTY, INTEGRITY, LIFESTYLE AND LEARNING.

FRIDAY AFTERNOONS 3:30-5

LOCATION:STUDIO B YOGA & MORE
8-45540 MARKET WAY CHILLIWACK BC V2R 0M5

AGES 12-14

JANUARY 13TH - MARCH 3RD

AGES 15-18

MARCH 31ST - MAY 26TH

TO APPLY:

STUDIO B YOGA | INFO@STUDIOBYOGA.CA | WWW.STUDIOBYOGA.CA
CHILLIWACK RESTORATIVE JUSTICE | INFO@RESTORINGJUSTICE.CA | WWW.RESTORINGJUSTICE.CA

