

Our Program

As part of our Health and Wellness Program, our Yoga Program aims to provide low-barrier access to yoga classes. They are low-impact, and accessible to all levels of skill.



Drop in Classes:
Wednesdays at
10:30 AM and 07:30 PM



Contact Us

604-984-6009
131 E 2nd Street, North
Vancouver

[www.northshorewomen.ca/
health-wellness-program](http://www.northshorewomen.ca/health-wellness-program)



yoga

at the NSWC

Our Program



Beginner - Friendly

Our classes are structured for all levels. Whether you are a beginner, or advanced in your practice, you will be accommodated.



Qualified Instructors

Our instructors are fully qualified teachers. They volunteer their time to teach classes, and we are so grateful for their expertise and dedication!



Gentle Movement

Our classes are geared towards slow, gentle movement, with focus on breath and mindfulness. This style is accessible for all levels and physical abilities.

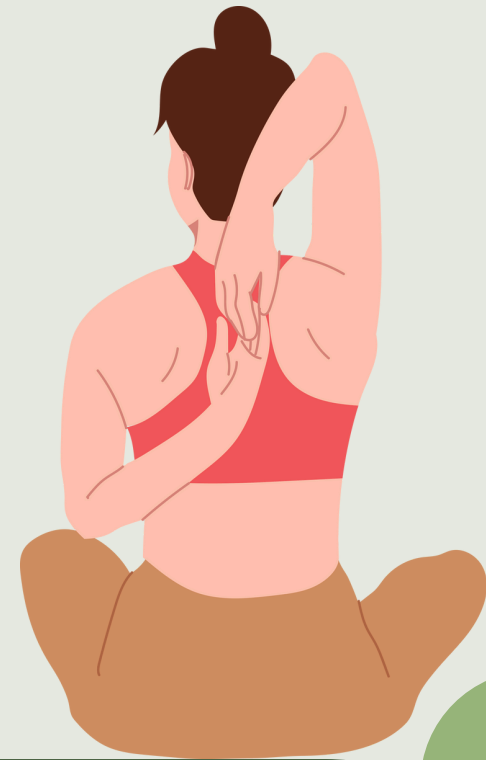


Free Equipment

The NSWC provides all equipment for our yoga classes. We provide mats, yoga blocks, straps, blankets and pillows. If you have your own equipment, please feel free to bring it with you.



We aim to provide a peaceful and calming atmosphere in all of our yoga classes. This is possible with the help of our class participants, who are expected to follow proper yoga etiquette.



FREE DROP-IN CLASSES

Donations are always welcome.