

## Outdoor Yoga in Killarney Park

Reap the benefits of a well-rounded physical practice as you stretch and flex your body, engage in vinyasa to receive the sensation of well-being with deep prana. Strengthen key body areas such as the upper body, arms, legs, back, and core through various holds. Each participant can adapt by practicing posture variations that are right for their own body. *This is an outdoor yoga experience to awaken your senses and become one with nature.*

Aug 6 Th	8:15am-9:30am	282023	\$1.90/class
Aug 11 Tu	8:15am-9:30am	282034	\$1.90/class
Aug 13 Th	8:15am-9:30am	282035	\$1.90/class
Aug 18 Tu	8:15am-9:30am	282038	\$1.90/class
Aug 20 Th	8:15am-9:30am	282036	\$1.90/class
Aug 25 Tu	8:15am-9:30am	282039	\$1.90/class
Aug 27 Th	8:15am-9:30am	282037	\$1.90/class

*This program will be held outdoors on the SE end of Killarney Park behind the Little League Baseball Diamond. Participants are required to bring their own equipment (mat, blocks/straps & water bottles) and dress for the weather. Participants will be allotted a personal 6 foot spot within the no-touch program zone.*

## Outdoor Social Distancing Bocce w' Michelle

Come on down and join Michelle, Seniors Programmer @ the Killarney Seniors Centre, for a fun & social game of Outdoor Social Distancing Bocce.

*This program will be held outdoors on the SE end of Killarney Park behind the Little League Baseball Diamond. Participants are to meet at the entrance of the Senior Centre, beside the kitchen and are required to dress for the weather, bring their own snacks & water bottles. Equipment will be sanitized before, during and after each game. Participants will be required to sanitize hands after each game (sanitizer will be provided). Masks are not mandatory.*

Aug 12 W	10:30am-11:45am	282027
Aug 19 W	10:30am-11:45am	282032
Aug 26 W	10:30am-11:45am	282033

**Please note:** *The nature of these Activities are such that you will interact with other people, continuous physical distance between other people cannot be guaranteed, and, by participating in the Activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.*

## Registration Information:

Aug 4<sup>th</sup> 9am

On-line @ <https://ca.apm.activecommunities.com/vancouver/#>

Or

Aug 5<sup>th</sup> 10am

call 604-257-1321