achēv SENIORS ENGAGE & THRIVE



RELAX & STRETCH: IN-PERSON SEATED YOGA FOR NEWCOMERS & 55+

In Collaboration with SEVA Food Bank

seva food bank
an initiative of Sikhs Serving Canada

Wednesday, November 25, 2026 | 11:30 a.m. - 1:30 p.m.

60 West Drive, Brampton, L6T 3T6

Join us for a Seated Yoga session! Enjoy a relaxing, gentle class from the comfort of your chair. Seated yoga improves flexibility, balance, and overall well-being with easy-to-follow movements and mindful stretching.

- Gentle, low-impact seated exercise
- In-person group session
- Stretching, relaxation, and mindfulness
- Suitable for all abilities and fitness levels

Eligibility - Permanent Residents and Convention Refugees

Spots are limited and available on a first-come, first-served basis.

Registration confirmation is required to participate.

REGISTER NOW

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