



Spirit
OF THE CHILDREN SOCIETY

Na wa haha7lhi wa nakwentsut

“to get better with movement” from the Squamish language

Seven Sacred Teachings Yoga

**emotional regulation through
movement for children with
support needs**

Mondays

3:30 - 4:30 PM

June 3 - July 29, 2024

Open for ages

7-12

**TO REGISTER PLEASE EMAIL
A.WYNNE@SOTCS.CA**

Bus tickets are available

**LOCATED AT OUR YOUTH HUB: #200 - 2540
SHAUGHNESSY STREET, PORT COQUITLAM**