



**Tel:** 604-273-5722 | **Fax:** 604-273-5762 | **Toll Free:** 1-866-273-5766 | **Toll Free Fax:** 1-866-273-5762  
105 - 21900 Westminster Hwy., Richmond, BC V6V 0A8  
info@apbc.ca | www.apbc.ca

April 14, 2020

Dear Members,

**YOGA** a system of physical postures, breathing techniques, and sometimes meditation derived from Yoga but often practiced independently especially in Western cultures to promote physical and emotional well-being.

The link below will take you to the third yoga video that was created with you in mind.

[https://zoom.us/rec/share/4PxvMY7NyE9JXYHq6EPjXrlzXbjUT6a8h3ce\\_aFZxED3GFpNcq3zsMaX99iKWst8](https://zoom.us/rec/share/4PxvMY7NyE9JXYHq6EPjXrlzXbjUT6a8h3ce_aFZxED3GFpNcq3zsMaX99iKWst8)

We hope you find these videos helpful and can include them in your self-care routine.

Stay well,

Lindsay Kellosalmi  
A/Mental Health and Wellness Coordinator

Robert Parkinson  
Health and Wellness Director

LK/BP/km/MoveUp