

Summer 2023

**Spark'd** 

Newcomer Counselling & Outreach



Catholic Family Services presents...

# YOGA CLUB

The Yoga Club brings new members of the community together to learn yoga and make connections - no yoga experience required!

## What is Bhakti Yoga?

Bhakti yoga is a practice of selfless devotion and recognition of the sacred or divine in everything.

## What is Spark'd?

Spark'd programs are uniquely equipped to serve people in Simcoe County who qualify as international students, immigrants, permanent residents, protected persons (formerly known as refugees), and Ukrainian nationals with CUAET designations.

## Date & Time

The Yoga Club is being held at CFS's Barrie location (20 Anne St. S.) on Mondays from 6pm-7pm, for six weeks starting August 14th.

## Cost

This program is being offered at no cost to participants courtesy of our generous funder.

## Eligibility

Registration for this program is restricted to international students. Space is limited!

## To register:

Connect with Ayesha at [akarim@cfssc.ca](mailto:akarim@cfssc.ca) or call 705-230-6014 to register.

For more info about Spark'd, visit [cfssc.ca/Sparkd](https://cfssc.ca/Sparkd)