



Practice  
*Yoga*  
...in the Most Natural Form

**Threadbare Adventures hosts clothing-optional yoga classes.**

Co-ed and family-oriented, each class explores the basics of yoga and focuses on breath, inner strength, and meditation. From beginners to all levels of difficulty, all are welcome to experience yoga practiced in the most natural way.

- Dates:** May sessions will run every Sunday from May 9th until June 6th  
**Times:** 11:00am – 12:30pm; plenty of time to hit the beach after  
**Location:** The Fitness Spot  
#204-910A Richards Street (at Smithe), Vancouver  
**Cost:** \$10 per person/session CASH ONLY  
**What to Bring:** Yoga mat, towel, water
- Contact:** Threadbare Adventures  
**Program Head:** Ryan Anderson  
**Phone no:** 604.339.8330  
**Email:** threadbareadventures@gmail.com