

Experience the purrfect pose at Cat Yoga

Forever Friends Cat Rescue is a nonprofit organization based in Altona. We operate with volunteers, donations, and support from our community. Our mission is to rescue the lost, abandoned, and homeless cats in our community. We are dedicated to the care and wellbeing of our local feral cat population and to help educate the public on the need to spay/neuter pets, the prevention of animal cruelty, and the importance of responsible pet ownership.

Forever Friends cat shelter in Altona are teaming up with Altona Yoga to bring you Cat Yoga!

The event will take place Saturday, Oct. 2 at 40 Main St. in Altona. Three 45-minute classes are available: 1pm, 2pm and 3pm. The cost is \$20/class.

These will be gentle classes that are instructor led, suitable for beginners and all ages, with adoptable furry friends in attendance. The 1pm and 2pm classes are geared towards kids and adults, while the 3pm class is geared towards adults only (more posture focused than the earlier two).

Please register online at www.altonayoga.ca under Workshops & Special Events. Space is limited. Drop-ins may be accepted if space allows. All current public health protocols will be followed. Please check www.altonayoga.ca for the most recent regulations.

Altona Yoga is graciously donating all funds raised to our rescue, so we can continue rescuing and rehoming lost and abandoned cats in our community.



altona yoga presents **CAT YOGA**

SATURDAY
Oct 2, 2021
45 Minute Classes @
1pm | 2pm | 3pm

\$20
per class
Suitable for
all ages