

## OUTDOOR YOGA FOR YOU AND YOUR CHILDREN

Fun-filled yoga camps will help bring your child into balance through yoga games, asana (poses), meditation, songs, mindfulness, breathing practices, crafts and more!

### LITTLE YOGIS CAMP - AGES 4 - 7

Jul 24 - 28 | Mon - Fri 9 a.m. - noon

### BUDDHA BUDDIES CAMP - AGES 7 - 10

Jul 17 - 21 | Mon - Fri 9 a.m. - noon

Aug 28 - Sep 1 | Mon - Fri 9 a.m. - noon

### EVERY NOW AND ZEN: YOUTH YOGA CAMP AGES 10 - 14

Jul 31 - Aug 4 | Mon - Fri 9 a.m. - noon



## YOGA IN THE PARK

Bring your mat and join us on the grass at Robert Ostler Park for a FREE Yoga class. Each class will be taught by a variety of yoga instructors from Session Studio.

Jul 11, 18, 25 | Tue 5:30 - 6:30 p.m.

Aug 1, 8, 15, 22, 29 | Tue 5:30 - 6:30 p.m.



SESSION

STUDIO + SPIN

For more information on summer recreation programs, visit [campbellriver.ca/recreation-guide](http://campbellriver.ca/recreation-guide) or call (250) 923-7911.

## GET INVOLVED IN YOUR COMMUNITY Join the Community Partnership Committee



The City of Campbell River is inviting interested community members to apply for an appointment to the City's Community Partnership Committee for a term ending on March 31, 2024. There are two vacant Committee positions to be filled. The Community Partnership Committee provides recommendations to City Council on applications for community grants, social grants, and permissive tax exemptions.

The Community Partnership program supports not-for-profit organizations whose events and services help us create a dynamic and diverse Campbell River.



Apply by **Friday, August 18, 2023, at 4:30 p.m.** at City Hall or online, at [campbellriver.ca/advisorycommittees](http://campbellriver.ca/advisorycommittees).

Questions? 250-286-5754 | [alan.ha@campbellriver.ca](mailto:alan.ha@campbellriver.ca)

## ATTEND THE PUBLIC MEETING

### FOR THE APPLICATION TO EXPAND THE URBAN CONTAINMENT BOUNDARY (South of Jubilee Parkway)

Drop by to learn about, discuss and provide comments on the proposed application, which would expand the area in which development could occur in the city. The meeting will be hosted by the applicant, with City staff in attendance.

**DATE:** Wednesday, July 12, 2023, from 7 to 9 p.m.

**WHERE:** Campbell River Sportsplex, 1800 Alder Street

CURRENT URBAN  
CONTAINMENT BOUNDARY

PROPOSED  
EXPANSION AREA

For more information, email [sustainability@campbellriver.ca](mailto:sustainability@campbellriver.ca) or call 250-286-5703.

Be a part of something big!

# WE'RE HIRING!

Explore more openings:  
[campbellriver.ca/employment](http://campbellriver.ca/employment)