



University of
Lethbridge

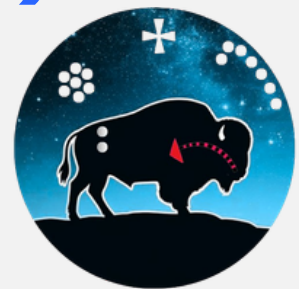


A'tsimaani Blackfoot Yoga (iitaisoksistomio'pa)

Monday November 30, 2026

10:30am - 11:45am

likaisskini Gathering Centre W650



Come join us in Blackfoot Yoga. A great way to take a journey to a calm, relaxing realm. An adventure you won't forget. Elder Sylvia Russell will be on hand to translate the various Blackfoot words used in some of the poses.

All are welcome.

Please note all activities are subject to change.

Indigenous
Studies