

Two local news briefs worth noting

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editor

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The Revelstoke Heritage Railway Society, the Railway Museum's parent organization, is holding its Annual General Meeting and Volunteer Appreciation Dinner on Tuesday April 26, beginning at 5 pm. at the Railway Museum.

"A BBQ dinner with musical entertainment provided by Trask-Whalen, will be followed by the AGM at 6:30 (at the museum on Track Street)," said a statement from the museum. "Come and help us recognize the support of our volunteers and members! Get more information on upcoming events and projects around the museum and learn more about the strategic planning the Board has been undertaking to see us through the next five years."

Members of the general public who would like to attend this free event should RSVP by April 25 by sending an e-mail to or by calling 250-837-6060.

The Yoga Outreach organization is currently looking for volunteer yoga instructors to provide yoga classes at the Revelstoke Women's Shelter.

Yoga Outreach is a non-profit that has been providing weekly trauma-informed yoga within mental health programs, addictions recovery centres, prisons, Transition Houses, youth centres, and other social service centres across the Lower Mainland, since 1996.

Yoga Outreach has been providing weekly yoga programs within the Burnaby Youth Custody Centre since 1998, and teens have responded positively with comments like this one: "It makes me feel good about myself and puts me in a calmer state so I can think clearly."

Which is exactly what the Reaching Out with Yoga project aims to achieve for women and children fleeing violence.

Volunteers are required to complete Yoga Outreach's Core Training, an 18-hour training that will empower qualified yoga teachers with the skills to build trauma-informed yoga classes for individuals facing multiple barriers, including domestic violence, PTSD, addictions, incarceration, and mental illness.

If you would like to find out more about volunteering and be notified of the upcoming training in Revelstoke, contact Delanie Dyck at or 604.385.3891 or visit www.yogaoutreach.com to fill out an application form.

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