



*wellness...virtually...*



# Permission to Pause

Gentle Yoga &  
Yoga Nidra with Adina

To register contact Nicki:  
wellness@hopehousehospice.com  
or 289-221-2055

If you are new to Hope House,  
contact Georgina:  
programs@hopehousehospice.com  
or 289-221-1355

**Mondays @ 10-11am**

Give yourself **permission to pause** at the start of each week to restore and renew your body, mind and spirit. Roll out your yoga mat to enjoy a one hour morning session that combines a 30 minute gentle yoga practice with a 30 minute centering guided yoga nidra.

**This practice is suitable for all levels of yogis!**

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.

Part of the **STAYING STRONG LIVING WELL** Series

**THANK YOU TO THE TOWNSHIP OF KING FOR HELPING TO FUND THIS PROGRAM.**