



wellness...virtually...

Movement for Vibrant Health & Energy

Join Andrea as she leads an uplifting 90-minute session incorporating the modalities of Yoga, Qi Gong, Free Dance and Therapeutic Shaking to release stored stress, tension and trauma and invite a sense of deep rest into the body.

*This session will find us flowing through standing, sitting and lying down positions. A yoga mat, comfy clothing and a blanket are suggested for this session.

Wednesday March 23, 2022 @ 10-11:30am *via Zoom*

To register or for information 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