

Wellness ... Virtually

Permission to Pause

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!

Mondays @ 10-11am via Zoom



Yoga Nidra with Adina

To register or for information, contact Nicki
wellness@hopehousehospice.com
or 905-727-6815 x227

If you are **new to Hope House**, contact Georgina:
programs@hopehousehospice.com
or 905-727-6815 x223

All programs & services at Hope House are offered at no charge.

Donations are always appreciated.

Our professional staff and dedicated volunteers provide innovative, personalized compassionate support—at no cost—to people diagnosed with a life-threatening illness, their families and caregivers and those who are bereaved.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 www.hopehousehospice.com

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