

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 an hour of gentle yoga, breathwork and guided relaxation led by Laura Stornelli . This practice is suitable for all types of yogis, bodies and abilities

Mondays @ 10-11am via Zoom



Gentle Yoga with Laura

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

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

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

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

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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