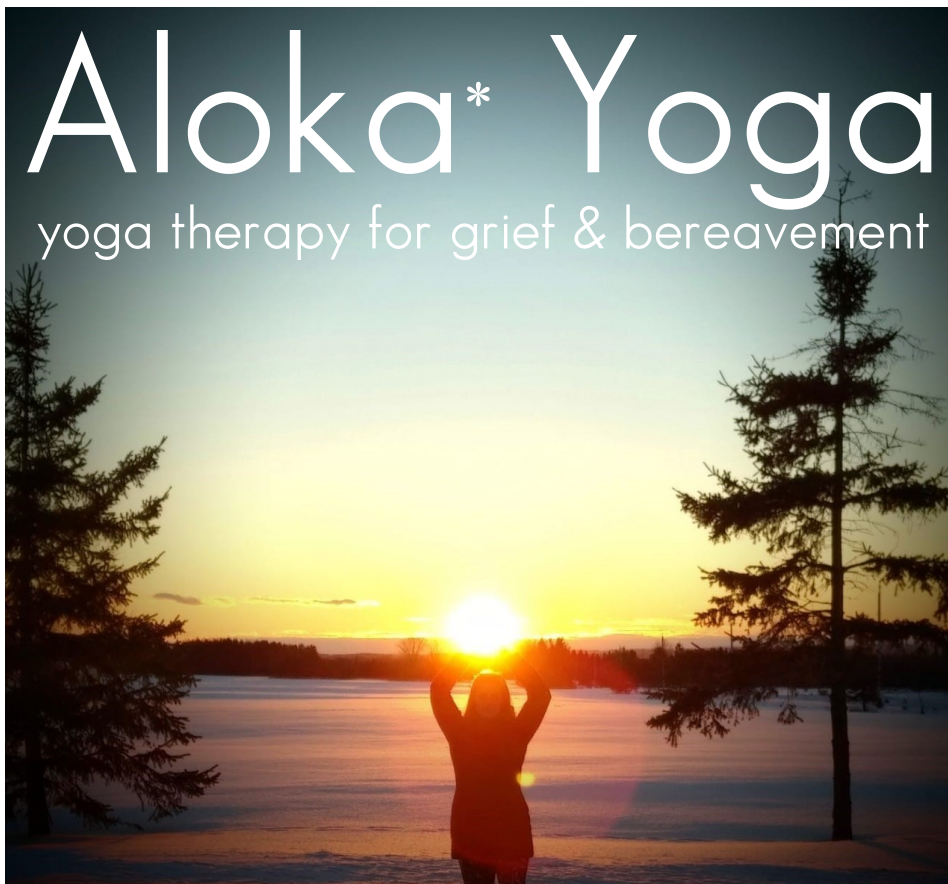


...bereavement
support...virtually...



Yoga Therapy for Grief & Bereavement is a mix of gentle movements, breathwork and relaxation practices designed to move energy through the body and allow for the natural healing process. Yoga helps us loosen the emotional and physical tightness in our bodies that may be caused by loss. It is also a way to cultivate peace and stability during a time when this is missing from our lives. The practice itself involves meditation, moving in time with the breath, stretching and what is often called "lazy yoga" - poses so comfortable that you might fall asleep! There will also be opportunities for journaling and doodling.

Wednesdays @ 7:00-8:00pm
Nov. 24, Dec 1, 8, 15 & 22, 2021
& Jan 12, 19 & 26, 2022 via Zoom

Previous experience with yoga is not required.

* bright, lightness

Registration:

If you are new to Hope House, contact Georgina, Intake Coordinator: programs@hopehousehospice.com or 289-221-1355
If you are a Hope House client, please contact Suzie, Hospice Social Worker: s.quan@hopehousehospice.com 289-221-2778

All programs & services at Hope House are offered at no cost. Donations are always appreciated.

During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more.

Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!



Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family 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

2021-10-25