

Virtual Wellness

# ZEN WITH GWEN

Mindfulness & Micro  
Self-Care Practices



This class will help us to transition from winter to spring with lifestyle tweaks and yoga practices that uplift and invigorate without being overwhelming.

Despite longer days, we may still feel tired and depleted from the long cold winter! This engaging session is focused on enjoying movement and mindset practices to learn more about transitioning to the Spring “Kapha Season” from the lens of Ayurveda.

**Monday March 17, 2025**  
**@ 6:30–7:30pm Via Zoom**

To register or for information, contact Nicki  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x227

If you are new to Hope House, contact:  
[programs@hopehousehospice.com](mailto: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

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