

Wellness Workshop

# CREATING WARMTH

FALL YOGA & AYURVEDA  
FOR THE VATA SEASON



October 28, 2024 @ 6:30–8pm

Via Zoom

with Gwendolyn & Nick

Please register by October 24, 2024

According to yoga and Ayurveda, Fall is the season of the *vata dosha*.

This season brings cold, dry, and dark qualities that can leave us feeling uninspired and depleted.

In this workshop, we'll delve into the wisdom of Ayurveda and yoga to help you stay balanced and nourished during this time.

Together we will explore daily rituals, seasonal essential oils, dietary tweaks and yoga practices designed to counter the effects of the colder months.

Discover how balancing vata can lead to greater warmth, stability, and wellbeing throughout the cooler months.

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

If you are **new to Hope House**, contact Stephanie:  
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](http://www.hopehousehospice.com)

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