



wellness...virtually...

Movement for Health Energy, Joy & Deep Rest



Employing the self-regulating tools of yoga, qigong (gentle moving meditation), free dance, voluntary and involuntary movement;you will move gently into a natural state of deep relaxation, and Joy.

Experience the energy (chi) that is all around us and within....and simply PLAY!

Wednesdays @ 10-11:00am *via Zoom*

For information contact Nicki:
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If you are new to Hope House, contact Georgina:
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