

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: wellness@hopehousehospice.com or 289-221-2055 If you are new to Hope House, contact Georgina: programs@hopehousehospice.com or 289-221-1355



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