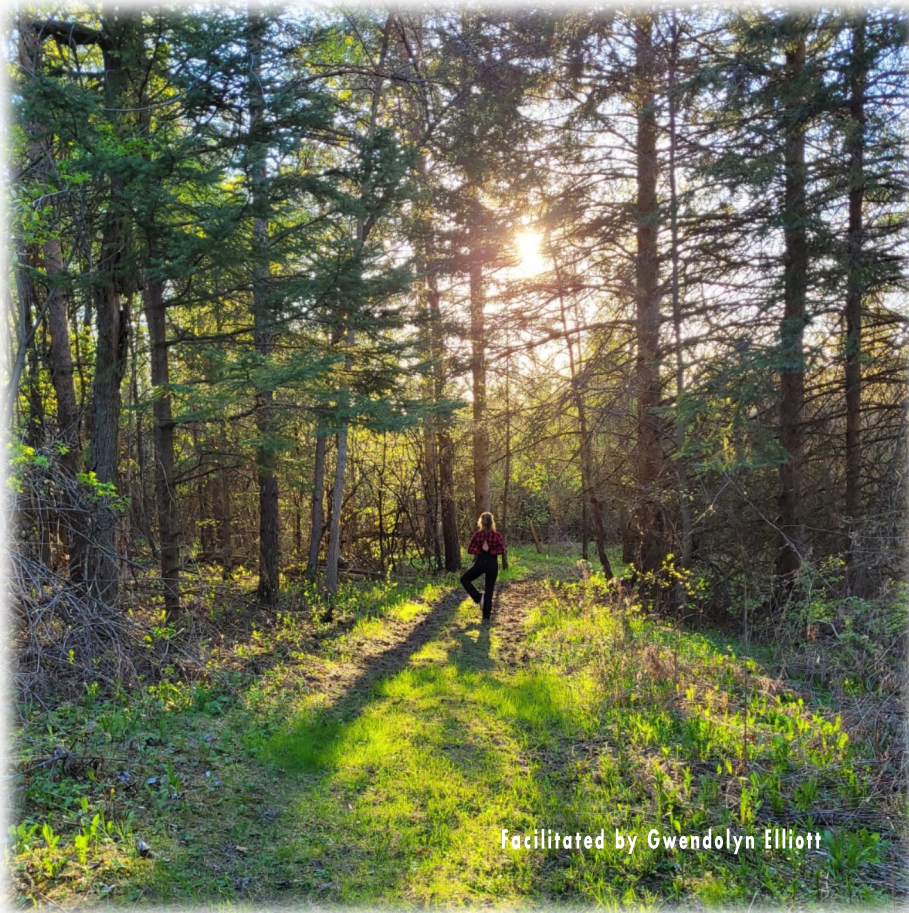


...wellness...virtually...



# Aloka\* Yoga

yoga therapy for grief & loss



Facilitated by Gwendolyn Elliott

\* bright, lightness

Loss is often accompanied by grief, a sense of deep sorrow that can impact caregivers, those faced with a life-threatening illness and those who are bereaved.

**Aloka Yoga** is 6-week therapeutic program, specifically designed to support those coping with grief and loss. Yoga therapy will encompass a mix of gentle movements, breathwork, relaxation practices and specific yoga poses, selected to move energy through the body and allow for physical and emotional healing, while cultivating peace and stability.

Previous experience with yoga is not required.

Wednesdays @ 7-8:30pm  
Sep 14, 21, 28, Oct 5, 12 & 19, 2022  
via Zoom

For more information, contact Nicki: [wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com) or 905-727-6815 x227  
NEW to Hope House, contact Georgina, *Intake Coordinator*: [programs@hopehousehospice.com](mailto:programs@hopehousehospice.com) or 905-727-6815 x223