

wellness...virtually...



Awaken to Ayurveda!

This **4-week series** focuses on supporting wellbeing throughout the Winter season by exploring our own unique natural rhythms & discerning how to best balance body, mind and spirit through Ayurvedic practices.

Each week will focus on supporting our "winter wellbeing" by incorporating Ayurvedic fundamentals through the use of essential oils, self-massage, skin care, energy management as well as integrating the yoga techniques of breathwork, gentle seated movement and mindful reflection through journaling practices.

Fridays @ 9:30-10:30am starting Feb 4, 2022

Part of the **STAYING STRONG LIVING WELL** Series

THANK YOU TO THE TOWNSHIP OF KING FOR HELPING TO FUND THIS PROGRAM.

To register or for information contact Nicki:
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If you are new to Hope House, contact Georgina:
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